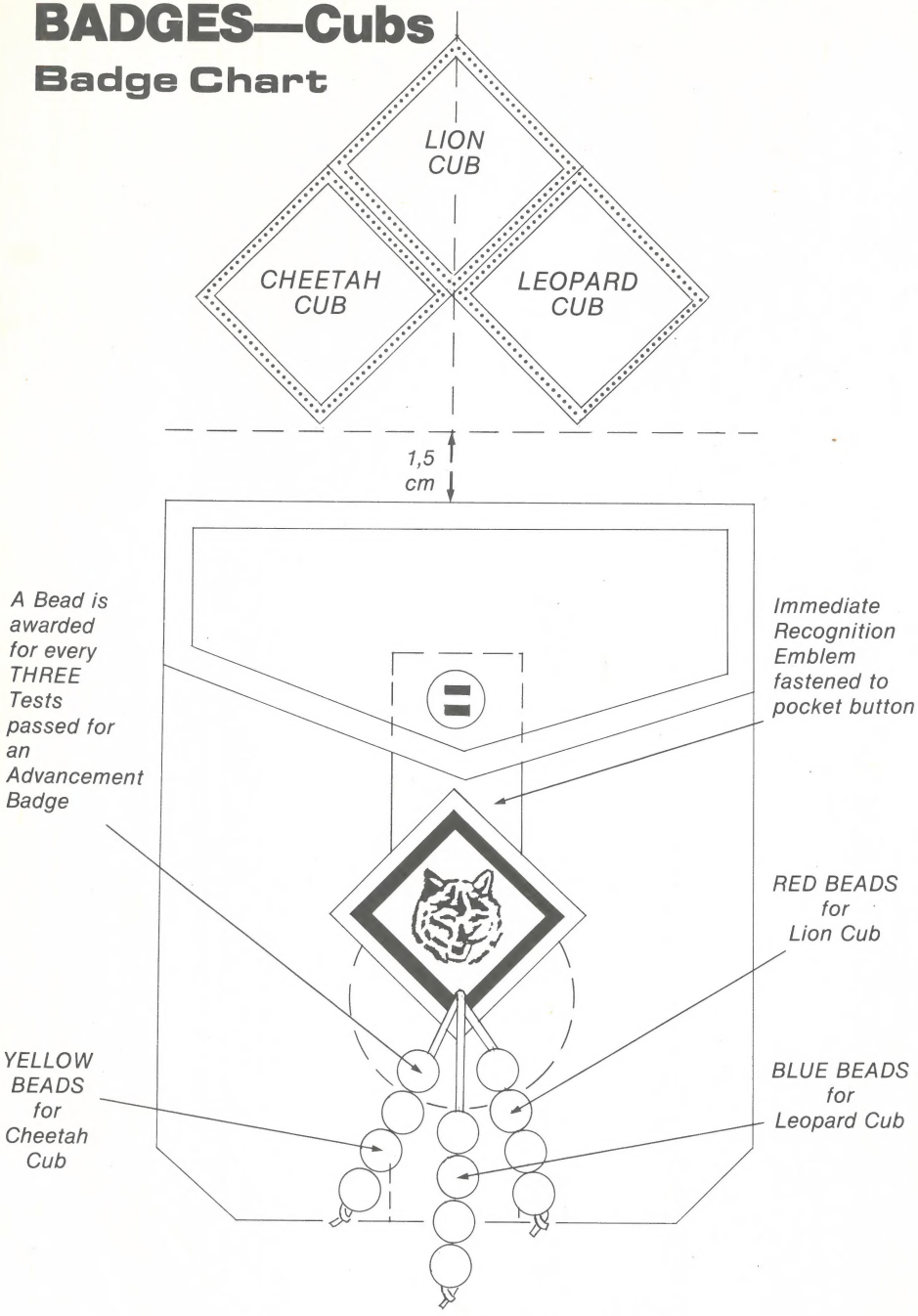
NOW YOU ARE A CUB

A HANDBOOK FOR EIGHT-YEAR-OLD CUBS

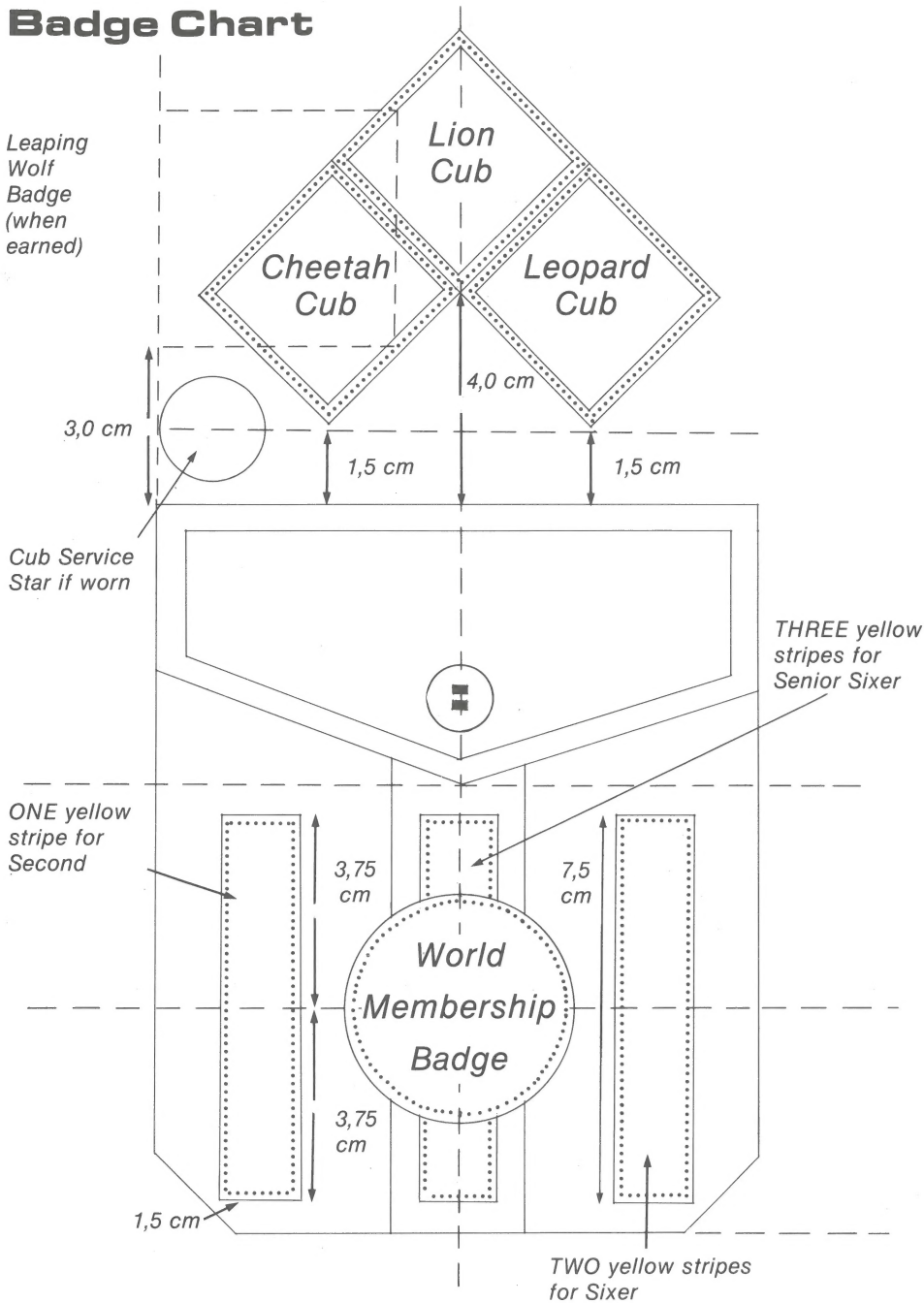
PROGRESS TO ADVANCEMENT BADGES—Cubs

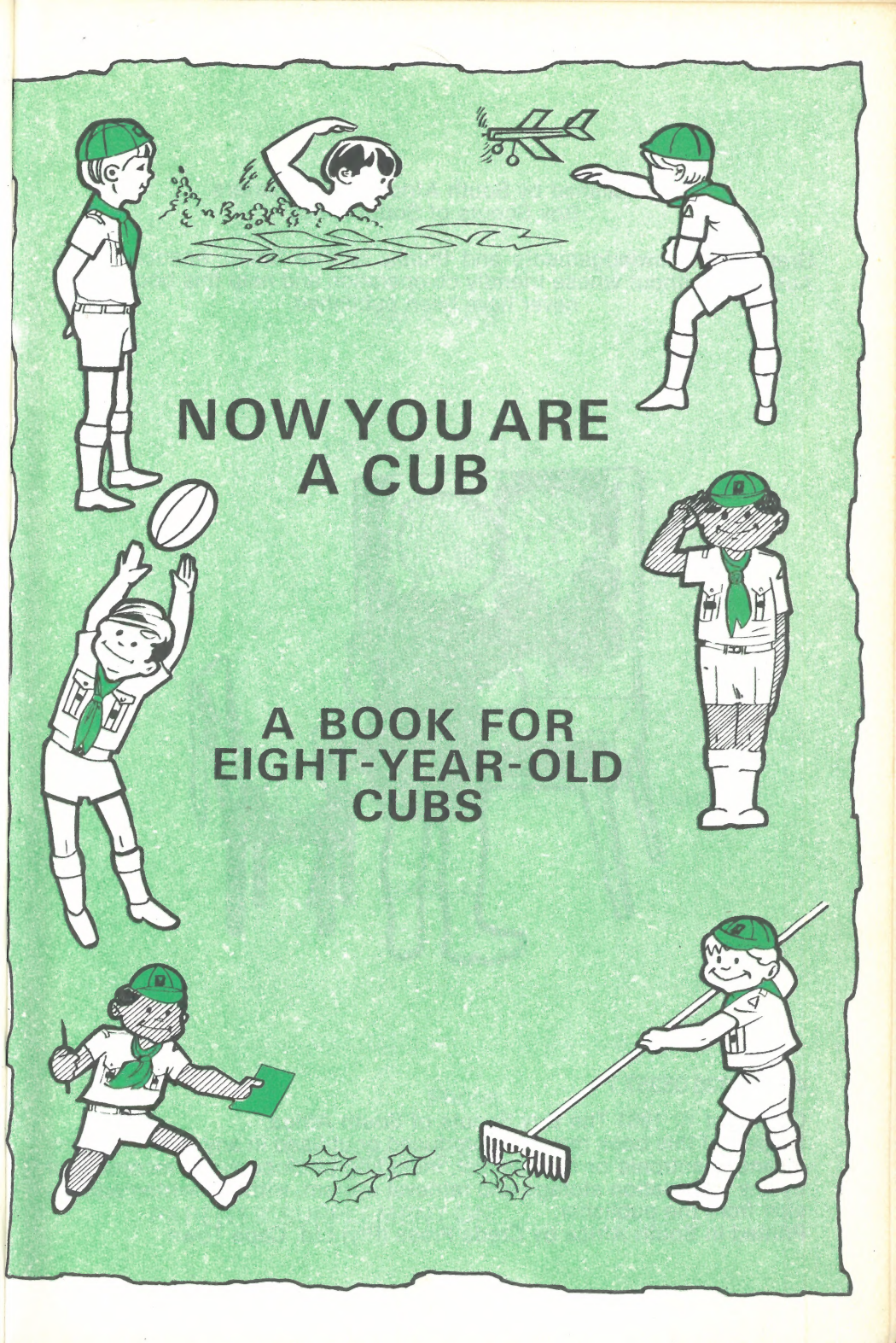
Badge Chart


LION CUB
CHEETAH CUB
LEOPARD CUB
1,5 cm
A Bead is awarded for every THREE Tests passed for an Advancement Badge
Immediate Recognition Emblem fastened to pocket button
RED BEADS for Lion Cub
YELLOW BEADS for Cheetah Cub
BLUE BEADS for Leopard Cub

BADGES—LEFT POCKET—CUBS

Badge Chart





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A BOOK FOR EIGHT-YEAR-OLD CUBS

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Boy Scouts of South Africa

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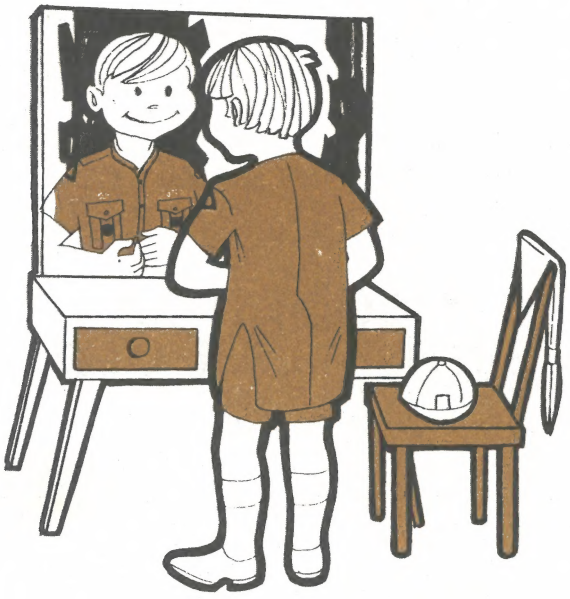

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I.....

AM A CUB

I BELONG TO THE

.....PACK

MY AKELA IS

.....AND

LIVES AT

.....

.....

Phone.....

MY PARENTS READ THE

PARENTS' SUPPLEMENT ON.....

CONTENTS

Today you went to Cubs	8
Your uniform	10
Some more about Cubs and the Pack	12
What is the Cheetah Cub Badge?	16
What are Interest Badges?	17
One day you will be a Scout	18
What to do to become a Cub	19

The Cub Promise	20
The Cub Law	21
The handshake	22
The salute	22
The Grand Howl	24
How did Cubbing start?	26
The first Jungle Story	28
The special night	30
The Cheetah Cub Trail	**31**
Test Number 1: Law and Promise	33
Test Number 2: Service	35
Test Number 3: Citizenship	38
Test Number 4: Safety	40
Test Number 5: Health and First Aid	48
Test Number 6: Observation	53
Test Number 7: Fires and Cooking	56

Test Number 8: Compass and Mapping	60
Test Number 9: Tying Things	61
Test Number 10: Communications	64
Test Number 11: Time	65
Test Number 12: Feats of Skill	67
Test Number 13: Handcraft	69
Test Number 14: Collecting	72
Interest Badges	74
The Swimming Badges	75
The Yellow Interest Badges	76
1 Athlete	78
2 Birds	79
3 Conservation	83
4 Drawing	89
5 Fishing	96
6 Flying Models	101
7 Gardening	106

8 Handcraft 109
9 Homecraft 112
10 Machines 115
11 Model Boats 121
12 Pets 125
13 Secret Codes 129
14 Singing 133
15 Sports 136
16 Swimming 140
NAMES AND ADDRESSES OF MY SIX 144

TODAY YOU WENT TO CUBS

You may have been waiting for quite a while to join Cubs and at last the great day has arrived and you have been to your first Pack meeting. The noise and excitement were terrific, but you are probably mixed up about a lot of things that happened, the strange yells, a Six, a Pack, the Grand Howl and many other new things.

What is a Cub?

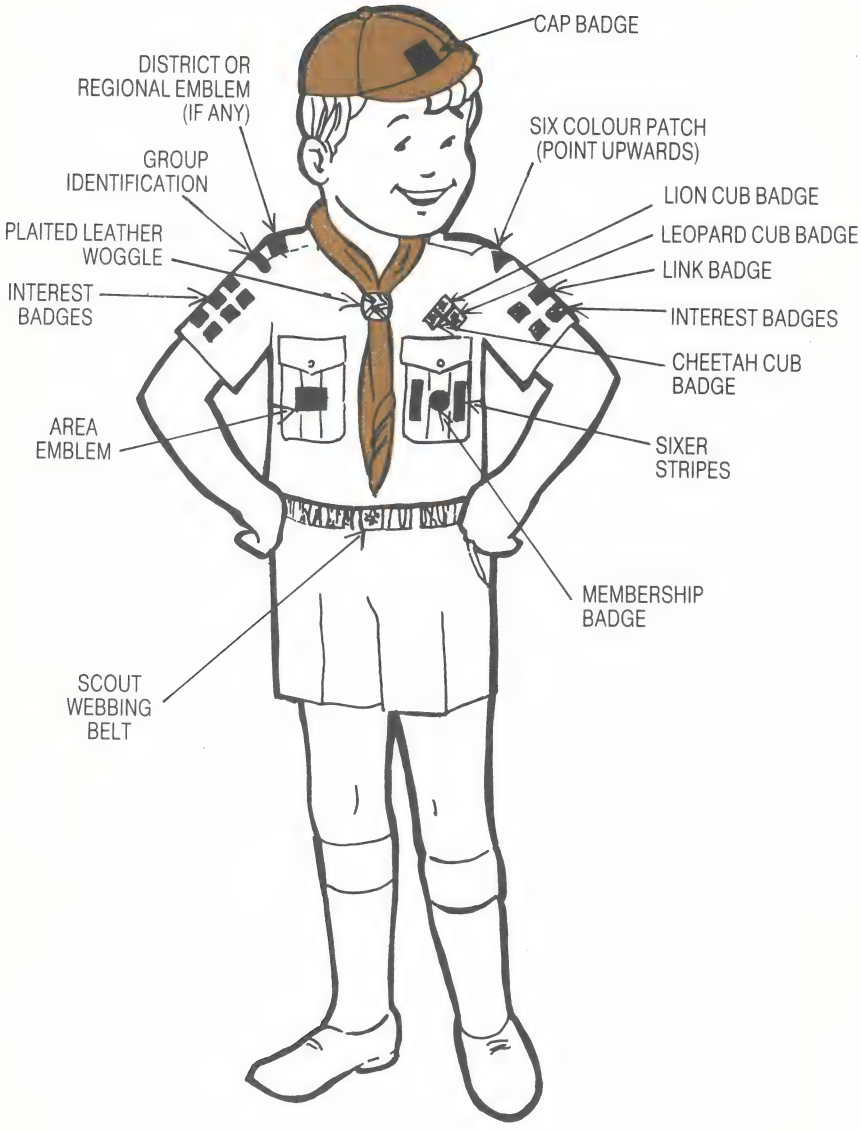
A Cub is a boy between the ages of 7½/8 and eleven years. He is helpful and can be trusted. He wears a special uniform and attends meetings every week. He learns new things to help him as he grows up and works to become a Scout.

What is a Cub Pack?
A Cub Pack is a group of Cubs who meet each week to find out about many different things and to play exciting games. They go on outings to interesting places and spend weekends away on Cub Camps or Pack Holidays when they are old enough.
The Cub Pack usually consists of about twenty-four boys who are divided into groups, called Sixes.

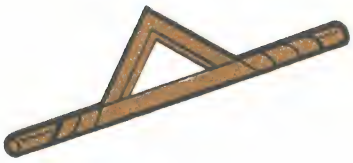
Who are your Pack Scouters?
Your Pack Scouters are adults who have names taken from 'The Jungle Book' by Rudyard Kipling. Akela (AH-KAY-LA) is the leader and his or her assistants are Bagheera (BAH-GEAR-AH) or Baloo (BAH-LOO).
These Leaders spend much time planning games and thinking of exciting things for you to do at Pack meetings.

What is a Six?
A Six is a group of six Cubs. Each Cub wears the colour patch of his Six on his left sleeve.
One Cub is the Sixer. He is helped by his Second. Your Sixer will have two yellow stripes on his left pocket and your Second will have one yellow stripe.

The Cub Uniform and Badges
All Cubs belonging to the Boy Scouts of South Africa wear the same uniform. There is only one official uniform. You will be very proud to wear your new Cub uniform. Everyone will know you belong to the world-wide Brotherhood of Scouts.
It's fun to wear a uniform. Think how often you have admired a sailor or an airline pilot in his smart uniform.
When you become a Cub you will be given special badges to put on your uniform.


CAP BADGE
DISTRICT OR REGIONAL EMBLEM (IF ANY)
SIX COLOUR PATCH (POINT UPWARDS)
GROUP IDENTIFICATION
LION CUB BADGE
LEOPARD CUB BADGE
PLAITED LEATHER WOGGLE
LINK BADGE
INTEREST BADGES
INTEREST BADGES
CHEETAH CUB BADGE
AREA EMBLEM
SIXER STRIPES
MEMBERSHIP BADGE
SCOUT WEBBING BELT

- Membership Badge — this badge is the same for all Cubs and Scouts in the Boy Scouts of South Africa and many countries overseas. It shows that you belong to the World-wide Brotherhood of Scouts.
- Area and District Emblem — each Pack belongs to an Area and a District and the Cubs wear the badge for that particular Area and sometimes the District.
- Group Name Tape — this tells everyone to which Pack you belong.
- Colour Patch — this shows to which Six you belong.



- Scarf and Woggle — all Groups of Cubs and Scouts have a special scarf. This shows people to which Pack you belong when you are at a District rally or outing. You must keep your scarf clean and pressed. Here is a way to roll your scarf using a round stick. Your scarf is kept in place with a woggle.

Perhaps you could do some extra jobs for your parents and earn some money to buy part of your uniform yourself. When you get your uniform take care of it and be proud to wear it. Everyone now knows you are a Cub and that you can be trusted to do the right thing at all times.

All Cubs wear the same uniform, so don't forget to have your name on everything.

Pack Calls

Akela has special calls which the Cubs understand.
If Akela calls 'PACK' just once, you should stop whatever you are doing, stand still, and listen. 'PACK' means silence.
When Akela calls 'PACK, PACK, PACK', all the Cubs run towards their parade circle calling 'P-A-A-CK.'
'PACK ALERT' means stand to attention with your hands by your sides and your feet together. No speaking!
'PACK AT EASE' means stand with your feet apart and put your hands behind your back. You stand still and do not speak. This is more comfortable than at the Alert.

The Pack Yell

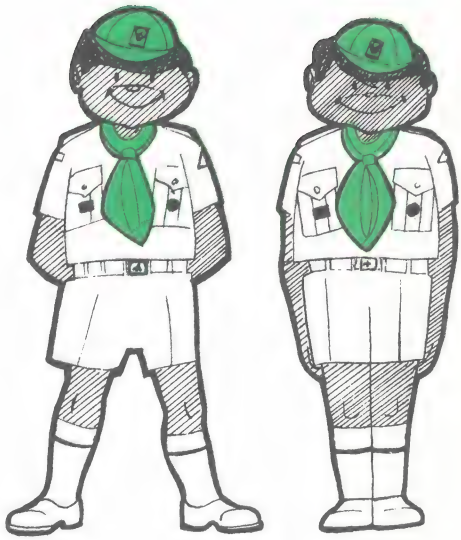
Whenever a Cub is awarded a badge or achieves something special, the other Cubs in the Pack congratulate him with a — 'ONE, TWO, THREE, WOOF', or your own Pack might have its own traditional yell. In this case you will use your own Pack yell. Akela or the other Pack Scouters will always say when to give the Pack yell. It is a special jungle yell and is only used by Cubs.

The Cub Law
The Cub Law is known and understood by every Cub. Further on in this book you will find a section which explains the Cub Law to you.

THE CUB LAW
THE CUB GIVES IN TO THE OLD WOLF,
THE CUB DOES NOT GIVE IN TO HIMSELF.
Sometimes you may think it is hard to stick to the Cub Law, but remember all Cubs try their best to obey the Cub Law.

The Cub Promise
The Cub Promise is kept by all Cubs. They understand the Cub Promise and know that by keeping it they are helping to make other people happy.

THE CUB PROMISE
I PROMISE TO DO
MY BEST —
TO DO MY DUTY TO GOD,
AND MY COUNTRY;
TO KEEP THE LAW OF THE WOLF CUB PACK AND
TO DO A GOOD TURN TO SOMEBODY EVERY DAY.
The Cub Promise is explained to you on Page 20 in this book.



At the beginning and at the end of each Pack meeting, Cubs usually join together in saying a Prayer. This following prayer is often used:

A CUB PRAYER
Help us O Lord to serve
Thee day by day,
To do our duty and to enjoy our play,
To keep our Cub Promise and to rest,
Happy that we have tried to do our best.

The Salute
The salute is a special way of greeting a person. Cubs have a special salute and the two fingers remind you of the Law you have promised to keep.

You salute when you make your Promise, and every time you salute you are remembering your Promise and Law. More about the Salute on Page 22.

The Handshake
When you shake hands with another Cub, your Pack Scouters, or any members of the World-wide Brotherhood of Scouts, you shake hands with your left hand. Page 22 tells you how the left handshake started.

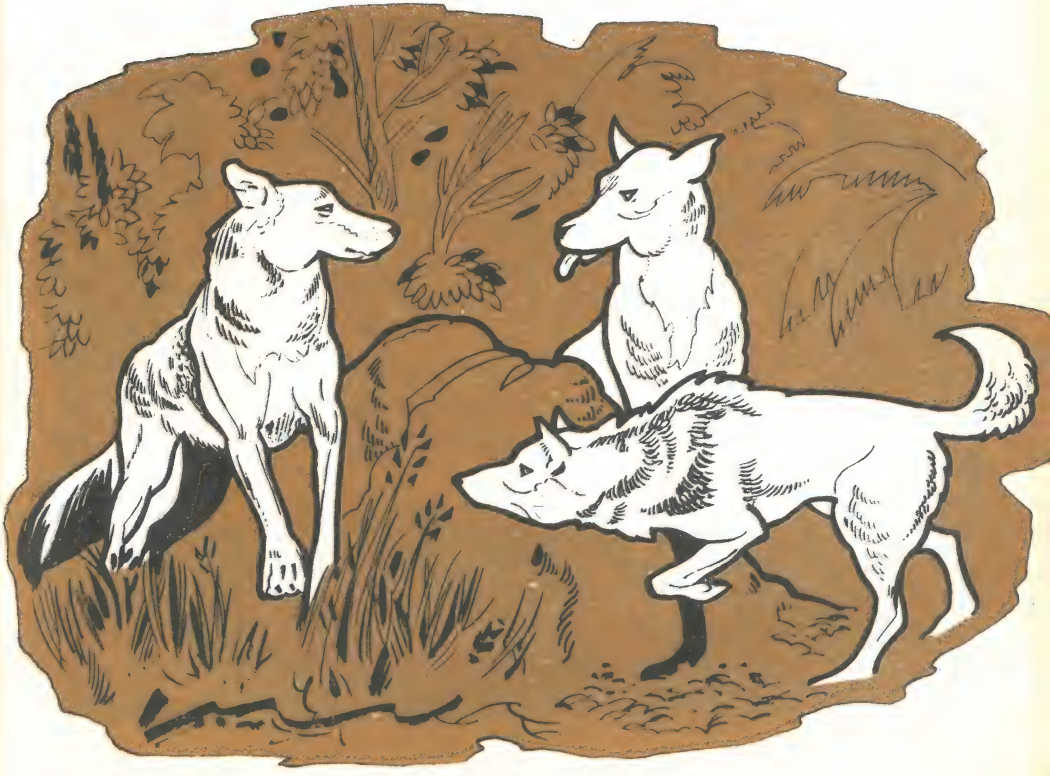
The Flag Ceremony
At the beginning of every Pack Meeting is the Flag Ceremony. This means our Flag is taken out and put in a special place. The Flag Ceremony at Pack Meetings constantly reminds us to do our best to keep the Cub Promise at all times.

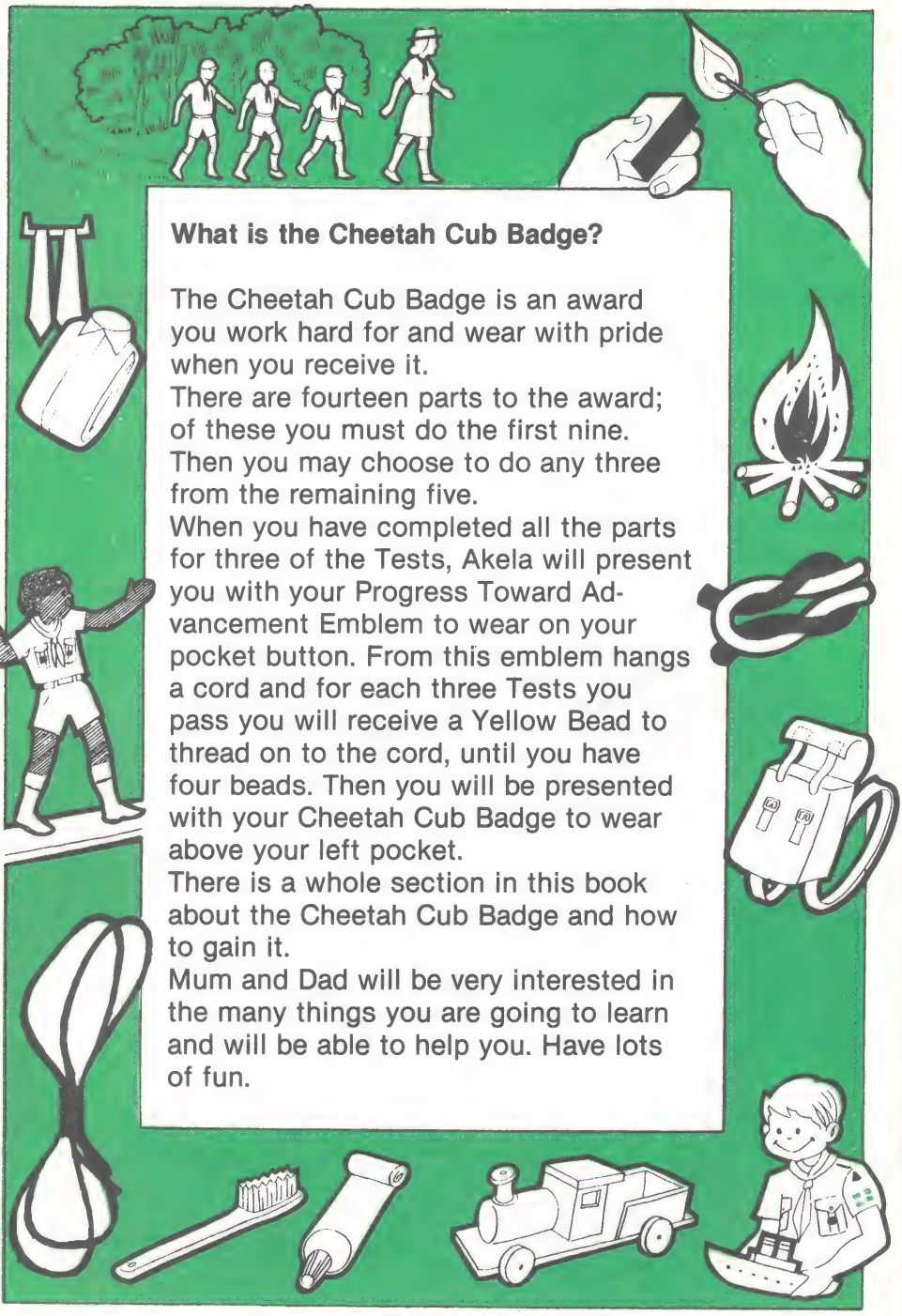
The Motto

The Cub motto is 'DO YOUR BEST'. Show by how hard you try to do all the Advancement Badges and by the quick way you obey Akela's call of "Pack" that you are doing your best, your very best.

The Grand Howl

At the opening and at the closing of each Pack Meeting, Cubs do the Grand Howl. Wolves in the jungle make a circle around the council rock and howl their welcome to their leader. The Grand Howl is explained in more detail on Page 24 of this book.





What is the Cheetah Cub Badge?

The Cheetah Cub Badge is an award you work hard for and wear with pride when you receive it.
There are fourteen parts to the award; of these you must do the first nine. Then you may choose to do any three from the remaining five.
When you have completed all the parts for three of the Tests, Akela will present you with your Progress Toward Advancement Emblem to wear on your pocket button. From this emblem hangs a cord and for each three Tests you pass you will receive a Yellow Bead to thread on to the cord, until you have four beads. Then you will be presented with your Cheetah Cub Badge to wear above your left pocket.
There is a whole section in this book about the Cheetah Cub Badge and how to gain it.
Mum and Dad will be very interested in the many things you are going to learn and will be able to help you. Have lots of fun.

What are Interest Badges?

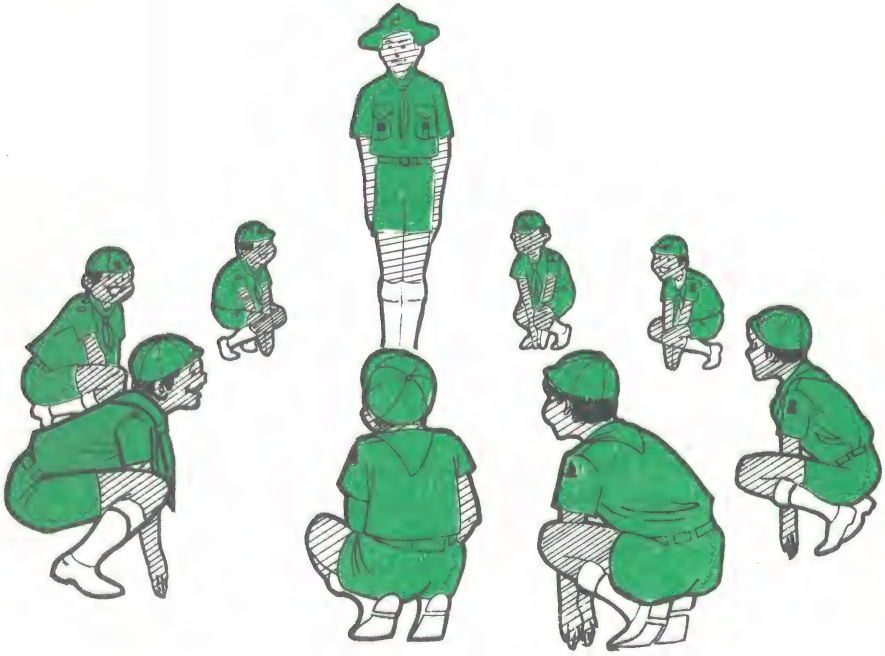
Do you have a hobby? Maybe you love building model boats or perhaps you go fishing. Almost all boys have something they like to do best. Interest Badges are great fun to earn because you choose the ones you are most interested in and by the time you pass the badge you will be quite clever at whatever you have chosen. Mum and Dad will be able to help you with some of your projects for your Interest Badges. When Dad sees the great things you can do, he will wish he was a Cub!

One day you will be a Scout

You have now started on a great adventure. It may seem a long way off but one day you will be a Scout. By then you will have travelled along the Cub trail and learnt many new and exciting things.

As you grow older you will do more exciting and adventurous things. You will go hiking and camping just like our early explorers did. You will learn how to take care of yourself in the bush or the veld.

Scouts often go into the bush or veld to camp. Many of the things you learn and do as a Cub will help you when you are a Scout. Listen well and learn well and you will become a really good Cub.



BECOMING A CUB

WHAT TO DO TO BECOME A CUB

Soon you can be a Cub and will be able to wear your uniform with your Membership Badge on it.
Here are the things you will need to do before you can become a Cub. We call them the **Tenderpad Tests.**

- ☐ You must have heard the story of Lord Baden-Powell, and how Cubbing began, and the story of "Mowgli's Brothers".
- ☐ Know the Grand Howl and when it is used.
- ☐ Know the Salute and its use.
- ☐ Know the Left Handshake and the Cub Motto.
- ☐ Know the Cub Law.
- ☐ Know the Cub Promise.

THE CUB PROMISE

I PROMISE

When you say "I promise" it means that you will do your best to do whatever you said you would do.

When you make your Cub Promise it is for all times, at home, at school, at play; not only for the time you are in uniform.

Everyone can rely on you and there is no need for Mum, Dad or Akela to check whether you are keeping your promise.

TO DO MY BEST

This means you must try very hard and be sure that what you do is truly your very best.

TO DO MY DUTY TO GOD

God will help you to do your duty to Him. When you remember Him, it will help you to do the right thing. Never forget Him. Remember, too, what God has made — trees, flowers and animals of all kinds. A Cub takes care of God's creation. Thank God for everything you enjoy. Thank Him at Church, and whenever you have a moment by yourself.

God wants you to help others. Helping others, without thought for yourself, is part of your duty to God.

AND MY COUNTRY

Just as the wolves obey Akela, the people of our Country obey our Leaders. Games have rules for all the team to play by and our Country has laws for people to live by.

Being a good citizen means living by the law of the land, especially when you are on the road or on a bicycle. A Cub is careful not to make fires which will burn the veld or trees, or to damage plants, animals or any wild thing. He shows respect for the Flag and National Anthem and does all he can to be a good citizen.

TO KEEP THE LAW OF THE WOLF CUB PACK

Every game has rules to follow. Cubs have two. When you follow them you are keeping the Cub Law.

Read them through again right now. Then DO YOUR BEST to follow them.

AND TO DO A GOOD TURN TO SOMEBODY EVERY DAY

A Cub does not only think of himself. He is always looking for ways he can help others, especially those at home. He does his fair share of work and is cheerful while doing it. He accepts no

reward because he WANTS to make other people happy. Keep your eyes open for a chance to help with little jobs like carrying a parcel, letting someone have your seat in the bus, or picking up rubbish. There are hundreds of things you can do to keep this part of your Promise.

THE CUB LAW

The Cub gives in to the Old Wolf.
The Cub does not give in to himself.

A CUB GIVES IN TO THE OLD WOLF — OBEDIENCE

In the story of Mowgli you find the young cubs are obedient to the older wolves. In the jungle there may be several young wolf cubs playing and tumbling over each other. One of them may wander off to look for adventure.

The mother wolf has been lying near, with her head resting on her forepaws. Suddenly, she will raise her head and stare hard at the wanderer. In a moment he will stop and look at her and an instant later come trotting back. Nothing is said, but the smart young cub understands what is wanted of him and does it at once. That is obedience.

It is what human Cubs should do, too. See what is wanted of them and do it without waiting to be told. A Cub is on his honour to obey whether his mother, father, teacher or Akela are there to see him or not. Older people know better because they have seen and done many things. They know what is right and they try to keep you from harm by telling you the right way to behave and do things. So anyone older who is known to you, or who is in charge of you, is an Old Wolf.

A CUB DOES NOT GIVE IN TO HIMSELF

When a young wolf is hunting a hare for food, he may find he is getting tired and wants to stop, but he will not give in. He keeps after it and soon finds the hare is just as tired — so he will get his dinner.

Sometimes you will start to do something which turns out to be harder than you thought. You may want to stop. Don't give in to yourself. Instead, keep on trying and DO YOUR BEST. Then you will succeed.

A Cub is giving in when he cheats, steals, lies, bullies, loses his temper, or is greedy. I am sure you will not do any of these things.

THE HANDSHAKE

In Africa, warriors once fought with spears, and carried shields in their left hand. If a warrior met a friend, however, he would not need his shield for protection, and would have his left hand free. So if a man held out his left hand it showed that he trusted you and wanted to be friendly.
Lord Baden-Powell once met an African Chief who held out his left hand in greeting, showing that he wanted to be friendly. This impressed Baden-Powell and he chose this special handshake for Cubs and Scouts.

THE SALUTE

The salute is the special sign of Cubs. It is a greeting to Akela and to all other Cubs. You also use it at Grand Howl and Flag Break.

You always salute with your right hand, with your forefinger touching the side of the peak of your cap. Nice and smart.

SALUTE

THE GRAND HOWL

In the jungle, on the night of the full moon, all the Wolves in the Pack crept into a circle around the council rock. In the middle on the rock crouched their leader, Akela—
and the wolves threw up their heads and howled their welcome to him. They showed that he was their leader.
The Grand Howl is used to begin and end every Pack Meeting. It is a greeting to Akela and says that every Cub will continue to do his best.
When Akela calls — "PACK! PACK! PACK!" — all Cubs run in answering — "P-A-A-C-K" — and form a circle around Akela, the Totem Pole and the Council Rock. All in one movement they join hands and move outwards to form a Parade Circle.

As Akela steps on to the Council Rock, all the Cubs squat with their hands together, fingers pointing to the ground, and call —

"AH-KAY-LA, WE'LL DO OUR BEST"

Then the Cubs jump up to the alert, hands by their sides, and the Duty Sixer calls:

"CUBS, DO YOUR BEST"

The Cubs answer with a smart salute, and reply:

"WE WILL DO OUR BEST"

After this stand still until Akela tells you what to do next.

HOW DID CUBBING START?

Once there was a boy who loved to sleep out in a tent with his four brothers on weekends. They could climb trees, sail boats and they loved to play sports.

When this boy grew up he joined the Army and became a Major-General. His name was Robert Baden-Powell.

He was a great hero in Africa, where he saved the town of Mafeking from an attack which lasted 217 days. He had so few soldiers with him that he had to use boys to help with first aid, to carry messages and do other jobs. He was pleased to see they could be relied on.

When Baden-Powell returned to England he found boys reading the book he had written to help Army Scouts. So he took some of them on a camp to Brownsea Island and wrote them a book of their own called 'Scouting for Boys'. There were lots of other boys who wanted to be Scouts, too, but they were too young. So Baden-Powell started a new branch for them and called them Wolf Cubs — using ideas he got from 'The Jungle Book' by Rudyard Kipling. He wrote a book for them, too, called 'The Wolf Cub's Handbook'. Lord Baden-Powell of Gilwell died many years ago in 1941, but each year on 'Founder's Day', his birthday, 22nd February, we remember how he started Scouting and Cubbing for millions of boys in over 100 countries around the world to-day.

THE FIRST JUNGLE STORY— MOWGLI'S BROTHERS

It was a warm summer night when Tabaqui, the Jackal — the mean, sly, mischief-maker — crept to the cave of Mother and Father Wolf.

'Shere Khan, the big one, has shifted his hunting grounds. He will hunt among these hills,' he told them.

Father Wolf was upset, because Shere Khan, the tiger, killed cattle and angered the villagers, bringing trouble to the jungle. But as they listened, they heard the angry, snarly whine of the tiger.

'He is hunting man!' said Mother Wolf. 'Listen! Something is coming!' Father Wolf crouched — then halted in mid-spring.
'Man!' he snapped, 'a man's cub. Look!'

His jaws closed gently over the little boy's back and he carried him into the cave and placed him amongst the other Cubs. Then a dark shadow crossed the doorway.

'The Man Cub is mine, give him to me!' Shere Khan's roar filled the cave. But Mother Wolf and Father Wolf were not to be ordered around by somebody not from the Pack. So Shere Khan slunk away.

'I will call him Mowgli (The Frog)', said Raksha, the Mother Wolf, 'because his skin is smooth and without hair like a frog's.'

So Mowgli stayed with Raksha and Father Wolf and their own four Cubs. When they were old enough to run a little, they set off on the night of the full moon, through the jungle to the Council Circle.

There the Wolves looked over the young Cubs so they would know them if they met in the jungle.

Then Shere Khan roared from the trees, 'What have the Free People to do with a Man Cub in the Pack?' Akela, the Pack Leader, reminded the Wolves that if there was an argument about a Cub, two people would have to speak for him.

So Baloo, the brown bear, stood and said, 'I will speak for the Man Cub.'

Then a black shadow dropped from the trees. It was the mighty hunter, Bagheera, the panther. 'I have a bull, newly killed, to pay for the Man Cub's life', he said. So Mowgli was allowed to stay.

He learned the Laws of the Jungle from old Baloo and how to creep and stalk and hunt from Bagheera. Thus he was accepted as a member of the Pack.

THE SPECIAL NIGHT

When you make your Promise and become a Cub you will have an 'Investiture' ceremony like this while you stand smartly at the alert facing Akela:

Akela: Do you want to be a Cub?

You: Yes, Akela, I do.

Akela: Do you know the Law and Promise of the Wolf Cub Pack, the Grand Howl, Salute, and Handshake?

You: Yes, Akela, I do.

Akela: What is the Law?

You: The Cub gives in to the Old Wolf; The Cub does not give in to himself.

Akela: Are you ready to make the solemn Promise of the Wolf Cubs?

You: Yes, Akela, I am.

Then you will make the Cub Salute and repeat the Promise after Akela, piece by piece. Akela will shake hands with you and welcome you to the World-wide Brotherhood of Scouts.
You will be given your badges, scarf, and you will then turn around to salute the Pack. All the Cubs will salute you in return. Then you will join in the Grand Howl for the first time.

THE CHEETAH CUB TRAIL

We are sure you know what an explorer is. He is a man who leaves his home and his family and sets out to find new mountains and rivers in his own or somebody else's country. He goes to places no-one has ever been before.
There are other types of explorers. The astronauts who go to the moon are modern space explorers. How would you like to be an explorer?

Explorers are brave men because they often do not really know what they will find or what dangers they will meet. If you were an explorer you would have to look after yourself. You would cook your own meals, probably ride a horse or camel, and live underneath the stars without a roof to keep off rain and frost.

Every day explorers came across things which were hard to do. They had to work hard to keep going and stay alive. They enjoyed living exciting lives full of adventure.

As you work for your first Cub badge you will be like an explorer. You will do things which are hard and you will do things which are easy. You will learn things which will help you to look after yourself at home and in the bush or veld.

You are going to be luckier than the early explorers, however, because you will have Mum and Dad as well as Akela to help you. Go to them when you can't do the tasks set, but be an explorer by doing as many of the things for your Cheetah Cub Badge as you can by yourself.

In the Cheetah Cub Badge there are 14 tests but you only have to do 12. Remember, you *must* do tests 1 to 9. As you finish each part of a test, tick the box next to the words telling you what to do. This will help you remember what you still have to do. When you have completed three tests Akela will give you your Progress Toward Advancement Emblem, together with a yellow bead to hang on the cord.

FOLLOW THE

CHEETAH TRAIL

LAW AND PROMISE

CHEETAH CUB BADGE TEST NO. 1

Although we put this test first it will be the last one you will pass before going on to become a Leopard Cub. This is because right through our Cub Year you will show that you understand and are carrying out your Promise and Law better and better.
Do you remember when you became a Cub?
Do you remember making this Promise to Akela?

I promise to do my best —
To do my duty to God, and my Country;
To keep the Law of the Wolf Cub Pack, and
To do a good turn to somebody every day.

As a Cub you are trying to keep this promise. Akela has been watching you to see how well you have kept the Promise.

What to do

☐ Have at least three months' service as a Cub.

☐ Do your best to live up to the Law and Promise.

How does Akela know if you keep the Law and Promise? Write down below three things Akela does to see if you keep the Law and Promise.

1. _____

2. _____

3. _____

Here is a list of a few things which will help you to know how well you are trying to keep the Law and Promise. It is a list just for you. Go through the list and tick the things you do. Don't forget to be truthful. You will find some things that a Cub who keeps the Law and Promise will not have to tick. How about you?

☐ 1. Do you do what Mum and Dad tell you?

☐ 2. Do you tell the truth when Mum or Dad ask you whether you have done anything wrong?

☐ 3. Do you cheat at school?

☐ 4. Do you share your things with boys who don't have as much as you do?

☐ 5. Do you obey the rules of the road?

☐ 6. Do you let older people get on to the bus, tram or train first?

☐ 7. Do you stand up for older people in a bus, tram or train?

☐ 8. Do you try to do your best at everything?

☐ 9. Do you sulk if you don't get your own way?

☐ 10. Do you do jobs at home without grumbling?

☐ 11. Do you offer to do jobs even when you are not asked?

☐ 12. Do you keep trying even though what you are trying to do is very hard?

Remember what you have promised and always try to live up to it.

SERVICE

CHEETAH CUB BADGE TEST NO. 2

When you are a Scout you will go camping. You will have to carry everything in your pack, so your clothes must be folded properly or they will not fit in. You will have fun if you are clever at doing things for yourself, such as looking after your own belongings. Practising now will stop you making camping mistakes — and at home, Mum will be pleased with you, too.

What to do:

- ☐ (a) Know the meaning of thrift in your home.
  Know how to fold your clothes neatly and keep your room or sleeping place tidy.
- ☐ (b) Show how to clean and polish shoes properly and know how to care for them.
- ☐ (c) If you had spending money to take to a Cub Field Day Rally explain how you would spend it and why.

THRIFT

Thrift is a word which means 'taking care of'. Everything costs a lot of money these days and a Cub takes care not to waste food and water. Don't wash or drink from a running tap, and be sure to turn the tap off tightly when you have taken the water you need. Look after your books and toys. Put them away tidily when you have done with them. Turn out the light when you leave a room.

KEEPING TIDY

Look in a fire station and you will see that the firemen's boots, coats, helmets and belts are always neatly in place. When a fireman has to rush to a fire he doesn't lose time because he can't find a boot, or his coat is inside out. You should be like the fireman and keep your clothes tidy.

Folding and hanging clothes each night keeps them looking neater, too.

- Shirts go on coat hangers or are folded.
- Shorts and trousers are folded on the crease.
- Keep your socks in pairs so one doesn't get lost.
- Dirty clothes, of course, go straight out to be washed.

CLEANING SHOES

Do you know leather has to be 'fed'? You 'feed' it with polish so that it won't dry and crack. Your leather shoes need polish to keep them good and to make them shine. Polishing helps to keep shoes waterproof.

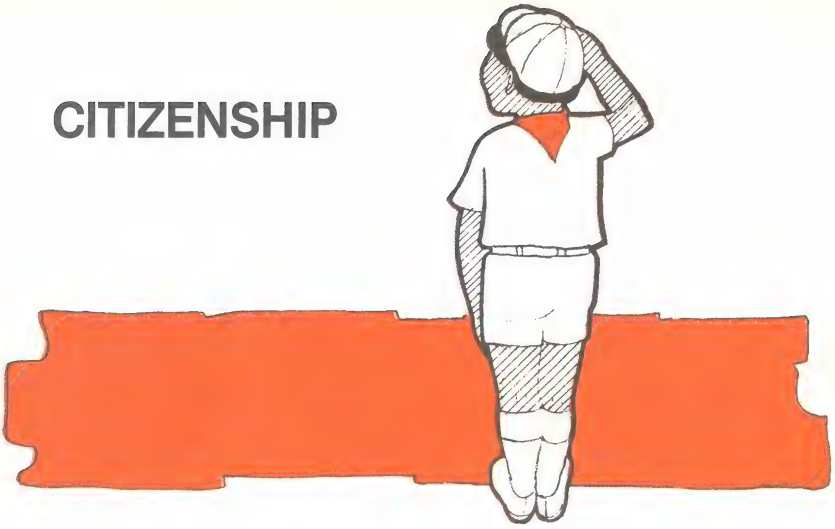
- Scrape off any mud from your shoes.
- Spread some newspaper and then put the polish on your shoes (don't forget the heels).
- Now shine them like mirrors with a brush and cloth.

If your shoes become wet, screw up some newspaper to go inside them and leave them to dry. Never put them by a fire. Do you know why?

SPENDING MONEY

When you go to a Cub Fun Day or Rally how do you spend your money? Do you choose wisely and buy a real lunch or snack like a sandwich and fruit? A good Cub spends his money carefully and buys essential things first, then he knows how much money will be left for other things.

CITIZENSHIP



CHEETAH CUB BADGE TEST NO. 3

Your flag stands for your Country. When you salute your flag, you are saluting the people of your Nation. Your family, your friends, the cities and veld, the mountains and farmlands, all make up your Nation. Your flag stands for all of these.

What to do:

- ☐ (a) Know why we have a flag and how to behave at flag-break and during the singing of your National Anthem.
- ☐ (b) Make a scrapbook or chart with coloured pictures or drawings showing your National Flag and the correct way to fly it. Add the National Motto and know what it means. Show also the National bird, flower and animal (if any). All the drawings and pictures are to be labelled to show what they represent.

WHY DO WE HAVE A FLAG?

A flag reminds people of the achievements of the past in peace as well as in war, of the great men who have worked as well as fought under the flag. It is the sign of the Nation to which we belong and of which we are proud; and it reminds us that we in our turn must do our best for our Country.

Our National Flag reminds us to work together for the good of our Country, to be courageous, honourable and true, and to do justice to all people.

HOW TO BEHAVE

When the flag is broken at Pack Meetings we salute it standing at the Alert to show how proud we are to be Cubs.
Whenever the National Anthem is played, whether we are in uniform or not, we stand straight at the Alert until it is over. This is all part of our Duty to our Country.

MAKE A SCRAPBOOK OR CHART

Akela will show you pictures or drawings of the flag. To get the right colours have a good look at a real flag, and colour in your drawing carefully.

MOTTO

On a Country's Coat-of-Arms you will find the motto. Here are some examples:
South Africa: 'Ex Unitate Vires'. This means 'Unity is Strength!' This is also the motto of QwaQwa, but it is written, 'Kopano Ke Matla', and Transkei which is written 'Imbumba Yamanyama'. The motto of KwaZulu is 'Sonqoba Simunye' which is 'Together We Shall Triumph'. That of Bophuthatswana is 'Tshwaranang Lo Dire Pula E Ne' or 'If we stand together and work hard we shall be blessed'. Gazankulu has this: 'Minthirho Ya Vulavula' which means 'Deeds Count'. The motto of Venda is 'Shumela Venda' which translated says 'Always Strive for Venda'.
The Ciskei and Lebowa have lovely mottos. For the Ciskei it is 'Siyankwaquanda Ziinkwenkwesi' which means 'Reach for the Stars', and for Lebowa it is 'Mphiri O Tee Ga O Lle' or 'A single bangle cannot tinkle' (i.e. We must work together).
Those are all fine mottos to remember.

NATIONAL EMBLEMS

Not all Nations have emblems, but we certainly know who the Springboks, Wallabies, or Lions are don't we? This is because they use their National Emblem as a badge on their rugby jerseys. Akela will be able to show you pictures of your National bird, flower, and animal if your Country has them.
The important part of this test is to be careful to get all the things right and to do your best to make your book or chart something to be proud of. You will then have a picture record of your flag, motto and emblems. Look at them often and remember what they stand for. This is part of your promise to do your duty to your Country.

CHEETAH CUB BADGE TEST NO. 4

If you were a robot you would have something to tell you if danger was near. As a boy, you have something to tell you if danger is coming, too — your eyes and your ears. Use them well and you can keep yourself safe and alive. Find out what dangers there are at home and on the road, then use your eyes and ears to make sure you and your family will not be harmed by them.

What to do:

☐ (a) Know the meaning of the words "Safety First" and demonstrate five safety rules for the home.

☐ (b) Show that you know the basic Rules of the Road as a pedestrian.

☐ (c) Know the Safety Rules to follow when in or near water.

SAFETY FIRST

This really means being careful to prevent accidents. The safety of your home depends on the way things are done. Accidents are not just things that happen to people, they are things that people make happen.

For example, hundreds of people are killed every year by falling down stairs. Do you know why? Sometimes it's because boys and some grown-ups leave things on the stairs. If your house has stairs you can help keep people from being hurt by making sure that nothing is ever left on the stairs.

RULES FOR HOME SAFETY

1. Keep tools and toys in their proper places.
2. Keep storage areas clean of waste or rubbish.
3. Use a step ladder to reach high places.
4. Check and make sure that all poisonous materials are stored out of reach of small children.
5. Be sure your hands are dry when you turn on an electric switch.
6. Keep closets and cupboards neat.
7. Keep pavements and driveways clear.

RULES FOR FIRE SAFETY

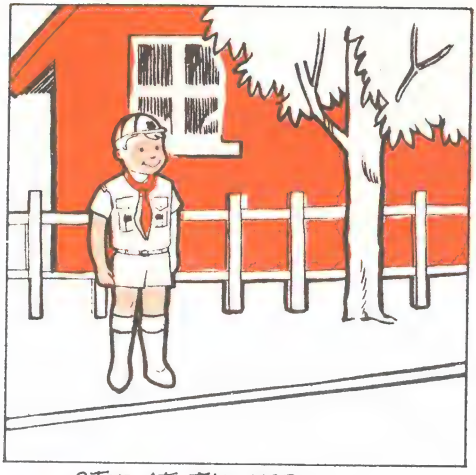
1. Don't play with matches.
2. Keep petrol and other dangerous things away from fires or strong heat.
3. Keep matches where small children cannot reach them.
4. Destroy all waste materials, especially greasy or oily rags.
5. Be sure all electric wiring, switches, fuses, and fixtures are O.K.
6. Know where the nearest fire escapes are in all buildings you enter.

ON THE ROAD

All Cubs are very careful to cross streets at the proper places; to look well before leaving the pavement; not to walk on a freeway. Here are some rules to remember:

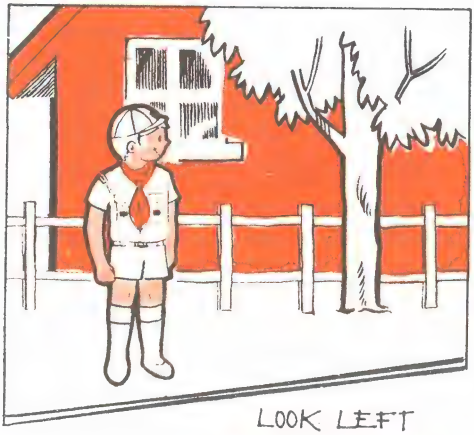
1. Always walk on the pavement or the footpath.
2. Where there are no pavements, walk on the right-hand side of the road facing the traffic coming towards you.
3. Before crossing the road stop, look right, look left, look right again: when the road is quite clear walk smartly across. All Cubs use the special crossings provided because they know it is the safest place to cross a road.
4. Never stop to gape at an accident or breakdown.
5. Don't play in the street. Play in safe places.
6. Don't hitch rides on lorries or car bumpers.

Most of the accidents on the road happen because someone was careless. Be a good Cub and take care. This is another way of doing your duty to your Country.

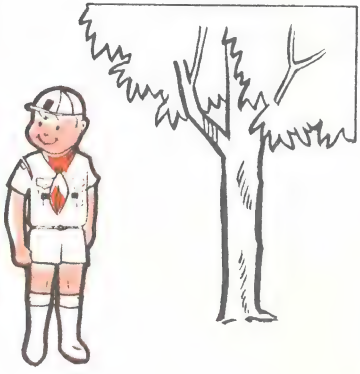


STOP AT THE KERB

LOOK RIGHT



LOOK LEFT



LOOK RIGHT AGAIN

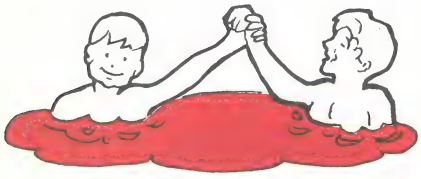
IF CLEAR MARCH STRAIGHT ACROSS

WATER SAFETY RULES

These are just as important as the road rules so learn them well and always carry them out.

1. Never swim alone, use the 'Buddy' system.
2. Never swim in unknown waters (that is in dams, rivers or pools you do not know all about).
3. Never dive into water which is not clear or is of unknown depth.
4. Don't fool around the pool. Don't push people in, dive without looking, or run around the edge.

REMEMBER! SWIMMING SAFETY



Firstly, every Cub should learn to swim. Whenever you go into any water, whether it is the swimming pool at home, or the sea at the coast, or a dam in the country, always have someone with you. This is so that should anything happen, you have help at hand.

Make it your rule never to swim without a 'buddy'. Your buddy must know where you are and you must know where he is *all* the time.

- come out before you get tired

- wait before going in the water after eating

- check strange water before diving

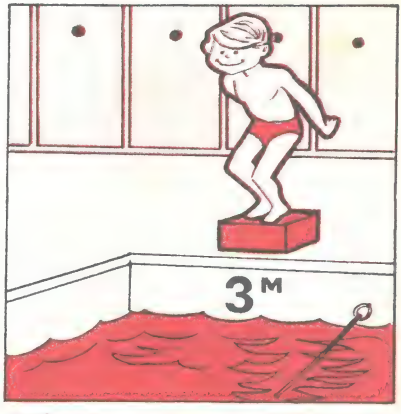
Stay in your own depth. Only very experienced swimmers go in water over their heads.
Never swim alone.
You should have a 'buddy' or pal who can swim as well as you can, and you should both be ready to help each other.

AT THE BEACH

Bathe between the flags. The life-savers choose an area away from rips and undertows, which are currents that can carry you out to sea. Always watch out for others in the surf.

AT THE POOL

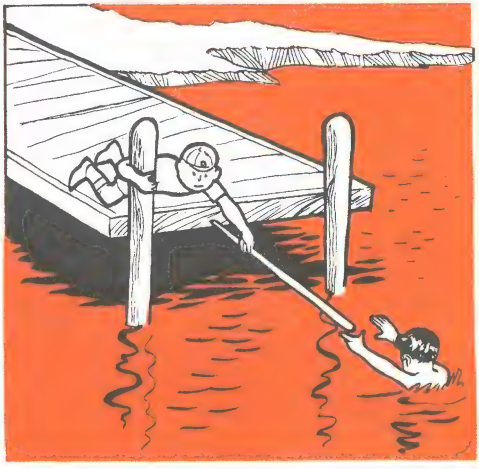
Wet paths around baths can be dangerous if you run, jump, chase or push someone.

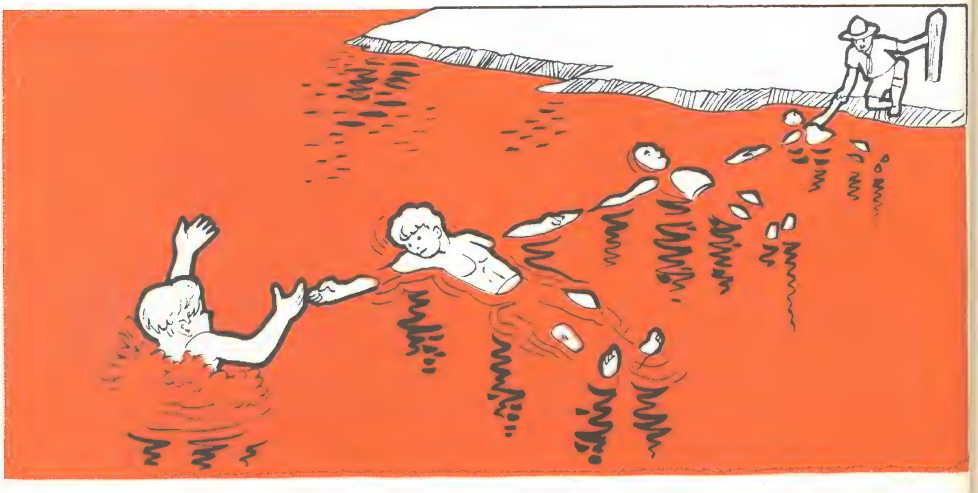


Before you jump or dive in, 'look before you leap', and make sure no one is in the water in front of you. Only dive in water that is deep enough.

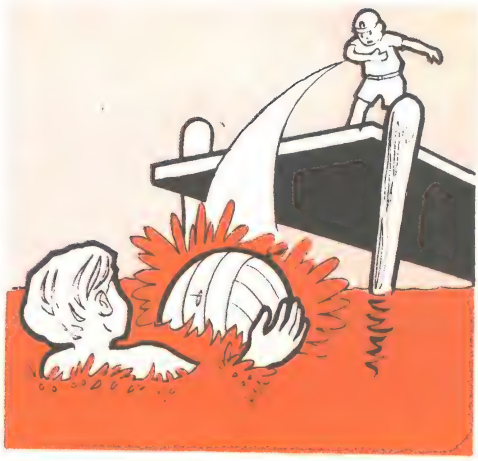
AT THE RIVER

Be on the lookout for snags, rocks, weeds and sandbanks. Check the depth, especially after floods, and watch for deep holes and swift currents.

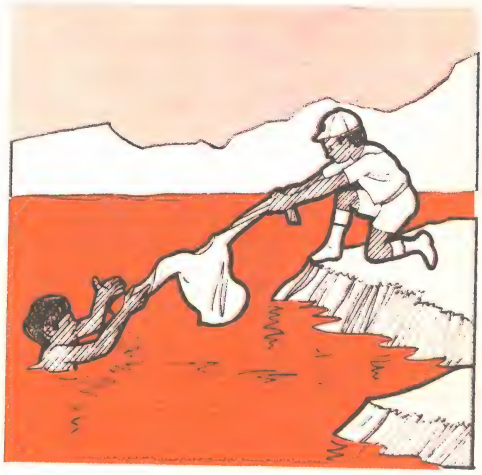




WATCH FOR THIS DANGER!
Rubber surf floats, inflated water wings, rings and tyre tubes will keep you afloat, but stay in shallow water with an adult. Many children have been carried out on floats in open waters, or down rivers into deep or dangerous water. Enclosed baths are the safe place for such toys.



WATER RESCUE
Grab anything near at hand that the person in trouble can hold.
Act *quickly.* Use a stick or piece of clothing. Hold tightly to the bank and float out.
Two or three can make a 'human chain'. Throw out something that will float (a beach ball or tin with a lid — or a rope).
Hold the other end of the rope firmly under your foot.



HEALTH AND FIRST AID

CHEETAH CUB BADGE TEST NO. 5

The early explorers in Southern Africa lived away from home for many weeks. They had to keep well and fit and look after themselves so that they did not become sick. They had to know how to fix cuts, what sort of clothes to wear and how to prevent illness.
This part of your Cheetah Cub Badge will make sure you know how to look after yourself like these explorers. It is something which all Cubs know about and which Akela will check when he or she inspects you.

What to do:

- ☐ (a) Know and show how to help a person who has stopped breathing.
- ☐ (b) Know the importance of summoning adult help in the case of accidents.
- ☐ (c) Show how to clean and dress a small wound or graze.
- ☐ (d) Show that you understand and follow the seven rules for health, and particularly why you should keep your body, hands, nails and teeth clean.

BREATHING

Your young brother or a friend may have fallen into a pool. Someone, perhaps you yourself, has dragged him on to dry land. He is struggling to breathe. His face may be blue. He may be unconscious.

When the patient is unconscious, his tongue can fall back blocking his airway. So turn him on his side and clear his airway.

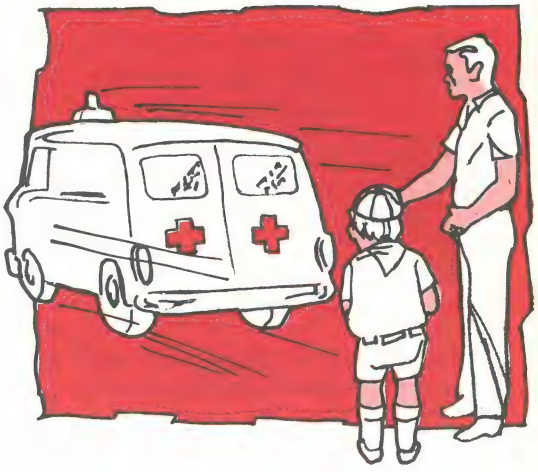
Very often it is quite simple to help a person who has stopped breathing. But do not waste time. Go into action with utmost speed. Turn the unconscious person on to his side, place your hand under the victim's chin, and gently tilt the head back as far as possible. Very often the person will start normal breathing at once. You can hear his breath coming normally, and his face will turn pink again.

Your instructor will show you how to act with speed and how to tilt the head back gently and smoothly. Do not worry about other injuries that the person may have. Everything must wait until the victim's breathing has started.

When normal breathing has started, you can send for help. But, if you are alone, do not leave the injured person, as breathing may stop again. Rather shout for help. Always be alert for vomiting. If the casualty vomits while he is unconscious, he may choke on his vomit and die. A person who vomits while unconscious should be turned on to his left side with his head down to allow the vomit to run out of his throat and away from his lungs.

ADULT HELP

Your job as a Cub is to immediately do certain simple things which may save a life. Boys and girls are obviously not qualified doctors or nurses, nor are they expert first-aiders. So the help of a more expert person must be obtained at once. If you are alone with an injured person, you must never leave him. Shout and shout until someone comes. If there are two people at the scene of the accident, the youngest can run to the nearest house or highway to get help.

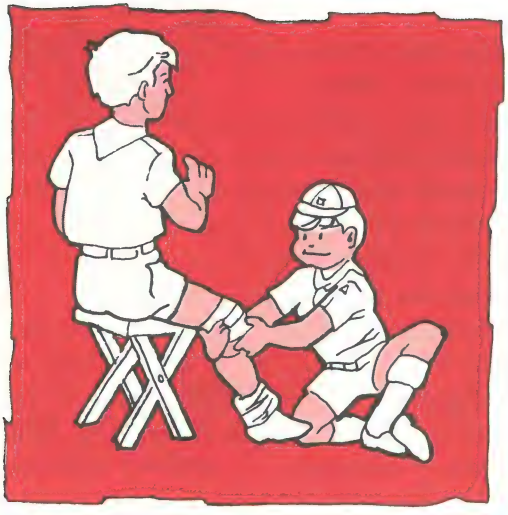


WOUND

Again, a Cub is not a skilled first-aider, and even a small wound should be seen by a doctor. But, in the meantime, the wound or graze can be washed with ordinary soap and water. Very often it is a good idea to let the injured person wash his own wound with soap and water. He will know when it hurts. Do not use any ointments or antiseptics on the wound.

If you have a first-aid box handy, then the wound can be covered with a dressing strip such as Elastoplast or Band-aid. If you do not have a dressing strip, then simply cover the wound with a clean handkerchief and tie it gently around the injured part.

As soon as you can, show the dressing and injury to an adult.



SEVEN RULES FOR HEALTH

KEEP CLEAN

- Body — take hot soap baths often.

- Hands — wash before meals and after using toilet. Your hands touch many things which have germs on them. You also touch your food with your hands. As germs will go from your hands to your food, which you swallow, you should wash all germs from your hands carefully before eating.

- Teeth — brush them thoroughly every night. Whenever possible, brush teeth or rinse mouth after eating.

Then when you go to the dentist for your check-up you may not have any holes. Remember, brush up and down as well as to and fro.

REFUEL PROPERLY

- Drink plenty of the right kinds of liquids — water, milk, fruit juices.

- Eat different kinds of good food. Don't over-eat. Avoid too many sweets. Do most of your refueling at mealtime.

KEEP FIT

- Activity — lots of vigorous activity outdoors.

- Rest — enough sleep at regular hours.

OBSERVATION

CHEETAH CUB BADGE TEST NO. 6

Observation means "seeing what you look at". Explorers needed to see and understand all the new things they found on their travels so that they could tell others. Cubs keep their eyes wide open.

What to do:

☐ (a) Grow a seed (pea, bean, mealie or bulb) in a transparent container and, with the help of an adult at home, make a chart and report weekly on the plant's growth until it is big enough to be planted out.

OR

Grow a plant from a leaf or cutting and, with the help of an adult at home, make a chart and report weekly on the plant's growth until it is big enough to be planted out.

☐ (b) Know and understand this Outdoor Code:

1. A Cub does not harm wildlife, trees or flowers.
2. A Cub does not leave litter anywhere.

GROWING THINGS

This can be a lot of fun. A clear plastic milk bottle with the top cut off and some holes in the bottom can be your container. The holes in the bottom are to let the extra water out when the plant has had enough to drink, so place your container on a saucer to catch the extra water. Plant your seed just under the surface of the soil close to the side of the container so that you may watch its growth. On your chart write down how many days it took for the little root to come out, then when the first leaves came out and so on. You can make drawings to make it interesting and then you can tell others about it.

Growing a plant from a leaf or cutting in a small pot is a good idea because when it is grown you can give it to someone as a present.

Enjoy yourself and leave the trees (and bushes and flowers) unharmed, so they will be there for others to enjoy.

THE OUTDOOR CODE

This is part of our Duty To Country. God gave us birds, animals, trees and flowers to make our Country beautiful. Cubs take great care of these. Before you come home, make sure the area is cleaner than when you arrived. Take your rubbish with you in your pack until you find a rubbish bin.

SAFETY WITH FIRE

CHEETAH CUB BADGE
TEST NO. 7

A tiny match flame! It grows so huge and so fierce that it destroys a whole countryside before it is beaten. Every living thing in its path is burnt. All that remains — ashes.

Foolish, careless people cause almost all the veld and bushfires in our land, because they do not know how to look after matches, or picnic and cooking fires.

Every Cub wants to keep our veld and bush safe. He knows how to be safe with fire.

What to do:

☐ (a) Understand the dangers of fire, and know what fires are used for.

☐ (b) Know the correct way to strike a match, and with it light a candle.

Dangers of fire:

Cubs make their fires useful, not dangerous!

A bushfire can travel faster than you can run. Birds, animals and people have been burnt to death because they could not get away. Miles of veld can be destroyed in a day. This burnt land is no longer a home for our native animals. It is no good for grazing cattle or sheep. It is no use to the farmer. All the crops are destroyed.

This brave crew risk their lives every year to save our homes and bushland from ruin. Winter (summer in the Western Cape) brings high fire danger, with very dry country and little or no water in rivers or dams.

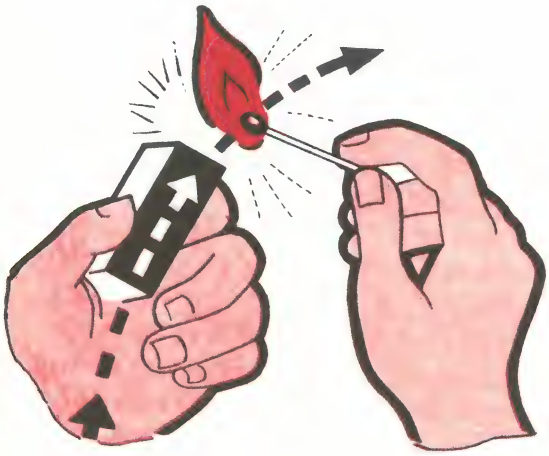
Every Cub or Scout should take notice of this warning!

This is how a Cub
puts out his fire — COMPLETELY!

STRIKE A MATCH

Take out one match and close the box properly again. Make sure no one is standing right in front of you.

Now strike the match away from yourself like this. See how all fingers are out of the way. Carefully light the candle. Make sure the match is **dead** before you put it in the rubbish bin.



COMPASS AND MAPPING

CHEETAH CUB BADGE TEST NO. 8

Every explorer or hiker must know where he is at all times, or he will lose himself in the veld or bush.

What to do:

☐ With a Scouter, go out-of-doors and point out where the sun rises, the path it travels, and where it sets.

Before you start on the real compass, you should know how the sun helps us find our way. The sun rises in the East and sets in the West so we can find the general direction of these two points of the compass without even using a compass. Have you noticed, however, that the sun doesn't rise and set in exactly the same place all through the year? Its path in winter is shorter than that in summer. See for yourself as the months pass. So we cannot know the **exact** position of East or West from the sun, but just the general direction. Here in Southern Africa (except in some places in the far Northern Transvaal) the sun is always to the North of us at midday. This is another useful thing to know if we want to find North and we don't have a compass. It is easiest to see in winter when the sun is low in the sky, but even in summer the same rule applies.

TYING THINGS

CHEETAH CUB BADGE TEST No. 9

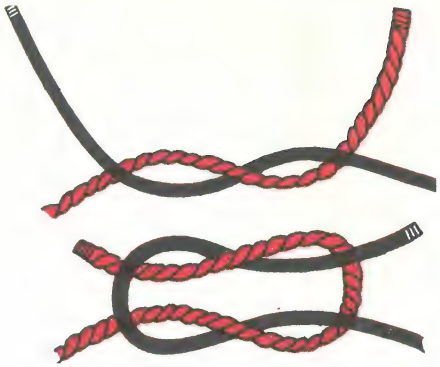
These explorers know the right knot to use! Their lives would have been in danger if they had used a loose, slipping knot.
As a Cub, you will learn how to use six important knots. This part of your Cheetah Cub Badge will help you with the first one.

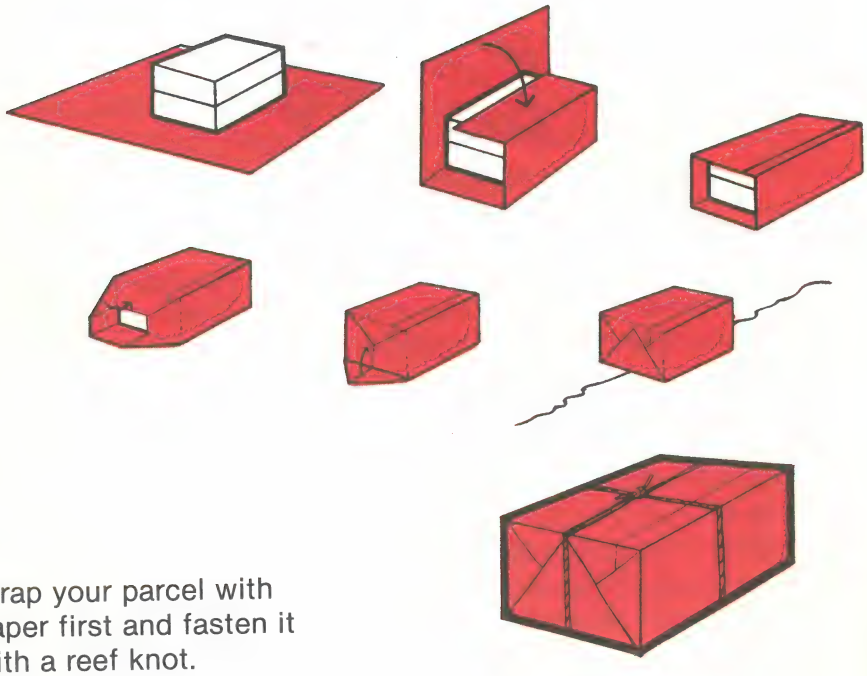
What to do:

- ☐ (a) Show that you can tie the slip reef knot, for example by tying your shoelaces properly.
- ☐ (b) Tie a reef knot and use it for some practical purpose.
- ☐ (c) Demonstrate a simple way of hanking a short rope.

THE REEF KNOT

A Reef Knot is used for tying the ends of the same piece of rope, for example around a parcel. This is because it is neat and easily untied. It is also used to tie bandages because it is flat.





Wrap your parcel with paper first and fasten it with a reef knot.

SHOE LACES

Badly tied laces can be a danger because you can easily trip over them. Cubs have a special way of being sure that their laces will remain tied and will look neat. Get into the habit of tying them correctly and you will find that you will do them that way always.

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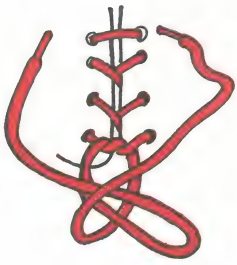

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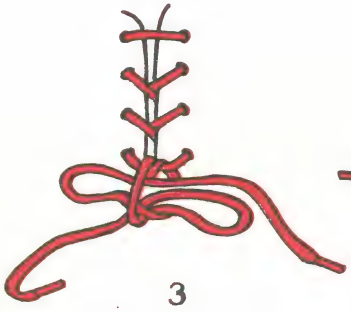

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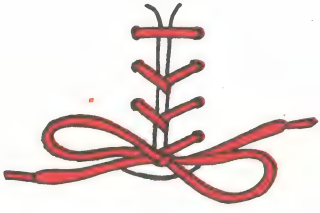
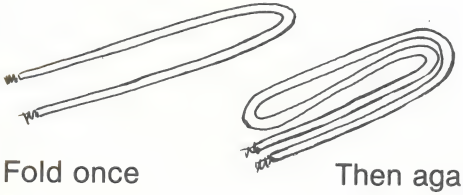


4

HANKING A ROPE

Isn't it annoying to find rope all jumbled up when you are in a hurry to use it? Cubs hank a rope so that it is always ready. This is the way to hank a short rope.

Bend the rope twice, make a loop, and push the end through like this.



Fold once

Then again.

COMMUNICATIONS

CHEETAH CUB BADGE TEST No. 10

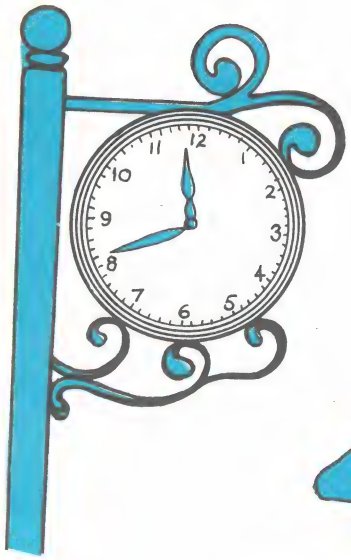
In Southern Africa people speak many different languages. A Cub is always polite so he should be able to greet a person in his own language and also be able to say 'Thank you'.

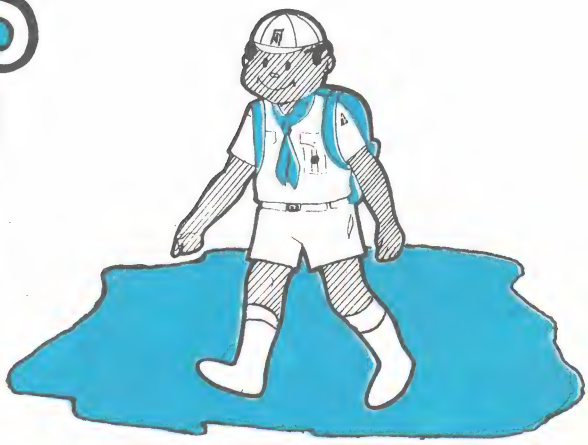
What to do:

☐ Be able to greet and say 'Thank you' in each of two languages (other than your own home language) used in Southern Africa.

Here are just some of the languages people in Southern Africa use — Afrikaans, English, Urdu, Sesotho, Pedi, Tswana, Xhosa, Zulu. Among your friends you may have those who speak German, Portuguese or Italian or some other language. The best way to find out what you have to know for your test is to ask someone who speaks the language to tell you how to say it and exactly what it means. Then you can practise it.

TIME





CHEETAH CUB BADGE TEST No. 11

Our days are given to us by God to use in the best way we can. A Cub is thrifty so he does not waste time.

What to do:

☐ Show an adult at home that you know how to correctly tell the time by a watch or clock to the nearest five minutes.

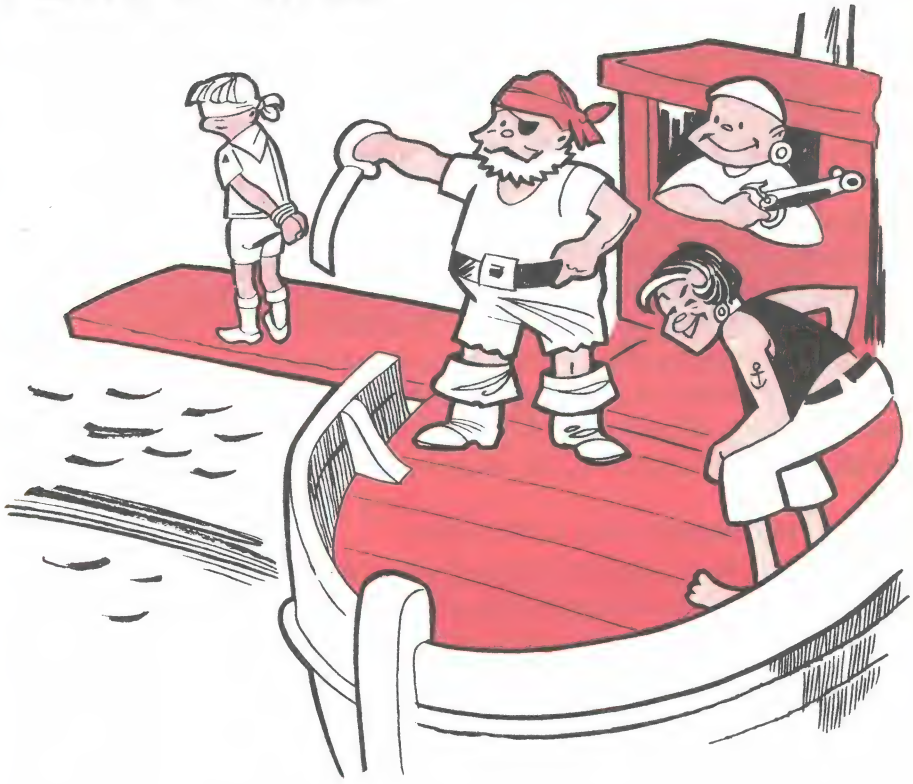
TELLING THE TIME

Now every Cub knows that there are 24 hours in every day. Here is a clock face. It has only twelve figures on it, and 60 little divisions around the edge. There are two hands, one larger than the other. The big hand moves faster than the small hand, and goes completely round the clock in one hour, or sixty minutes. The small hand just moves from one figure to the next in one hour. The twelve figures really only mark the hours, but, because it would be such a nuisance to have to count those little lines around the clock every time we wanted to know how many minutes it was to, or after, a certain hour, clockmakers have arranged them so that every one of them marks five minutes —

the figure 2 is twice five minutes after the hour, that is, ten minutes past — the figure 8 is eight times five minutes or 40 minutes past the hour. Usually, however, once the big hand has gone past the 6 (the half hour) you count towards the hour, so that the eight becomes four times five minutes, or 20 minutes *to* the *next* hour. The 3 is a quarter of sixty minutes (or three times five, 15 minutes past; the 6 is 30 minutes or half past, and the 9 a quarter (or 15 minutes) to the hour. If you look at our clock (Fig. 1) you will see that the time showing is 20 minutes (4×5) past eleven.

If you cannot tell the time ask someone at home to help you. All Cubs should be able to tell the time. A polite Cub is never late for any event.

FEATS OF SKILL



CHEETAH CUB BADGE TEST No. 12

When you grow up you will want to be fit and strong. Now is the time to start.

What to do:

- ☐ (a) Hop around a course drawn on the ground in the shape of a figure-of-eight about 12 metres long, hopping half on one foot, and the other half on the other foot.
- ☐ (b) Walk upright for 10 metres balancing a flat-based object weighing about one kilogram on your head, turn around, and walk back to the starting point.
- ☐ (c) Throw a ball to a catcher 10 metres away, and catch it on return 8 times out of 10.

HOPPING

This challenge is to strengthen the muscles of your feet and legs. It also makes you think about what you are doing, otherwise you would go off the course. It also helps to improve your balance. You need balance and strong legs to play games. Practise a nice springy hop on the ball of your foot.

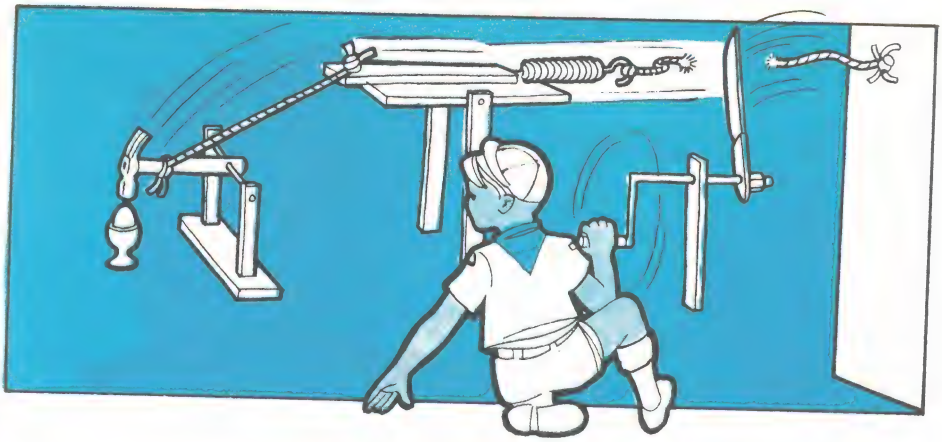
WALKING UPRIGHT

Walking with a straight back and head up is the important part of this challenge. Your head is like a radio station sending messages to your arms and legs to do the things you want them to do. Your backbone is like the main cable, so if the messages are to be carried out quickly the cable must be straight. Stand tall and push the middle of the top of your head into space. Walk straight balancing the object on your head.

BALL THROWING AND CATCHING

You will have to practise often if you want to throw and catch well. To throw, hold the ball in your fingers. Put one foot forward (the one opposite to the hand with which you are going to throw). Now, watching carefully the person who will catch, step forward throwing the ball as you do so. If you are throwing at a target on a wall or on the ground the secret is to keep an eye on your target all the time until the ball reaches it.

Catching a ball is easy if you have a bag in which to catch it. Try and you find this is so. If you find it hard to catch a ball you must do two things. Firstly, make your hands take up a shape like a bag (called 'cupping' your hands). Secondly, watch the ball all the time until it is safe in your hands.



HANDCRAFT

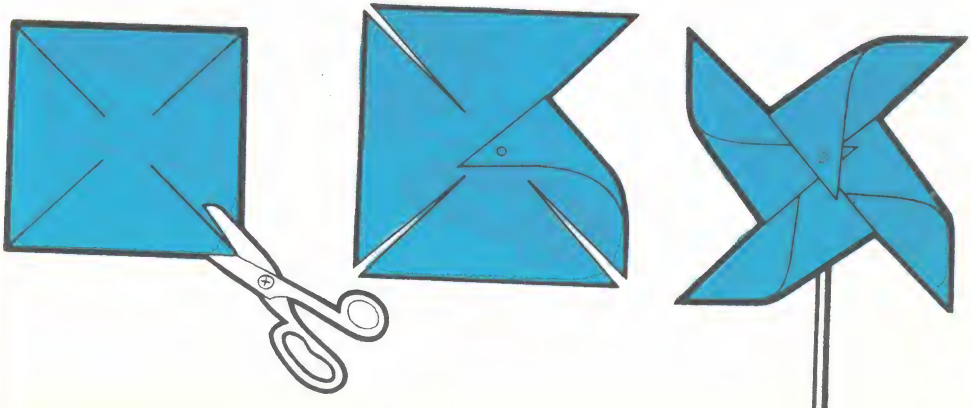
CHEETAH CUB BADGE TEST No. 13

It's fun to play. It's more fun to play with things you can make on your own. On these pages are just some of the many things you can work on.
Everything you need you will find in your home. You might use matchboxes, paper bags, empty boxes, elastic bands or string.

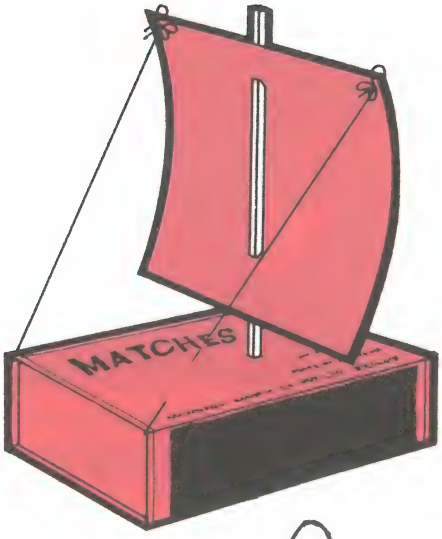
What to do:

☐ Make a simple model out of odds and ends OR make a well-finished model of reasonable size in plasticine, clay, or similar material.

This windmill is easy and fun. Colour or pattern it on both sides. Make your model carefully. Whether you cut or fold, or paste or pin, be neat and straight. Colour or paint your model brightly.

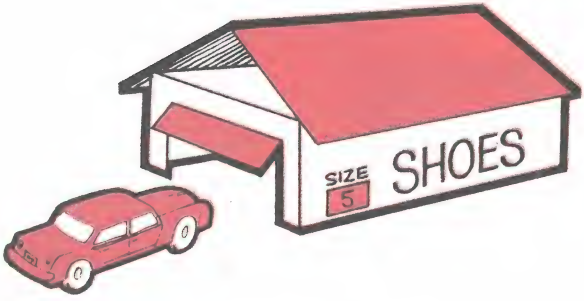


Find a matchbox, a match or toothpick, cotton and a square of paper to make this matchbox boat. Try sailing it!

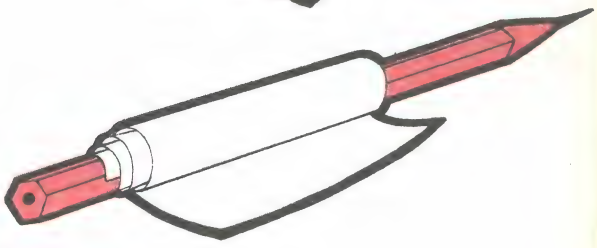


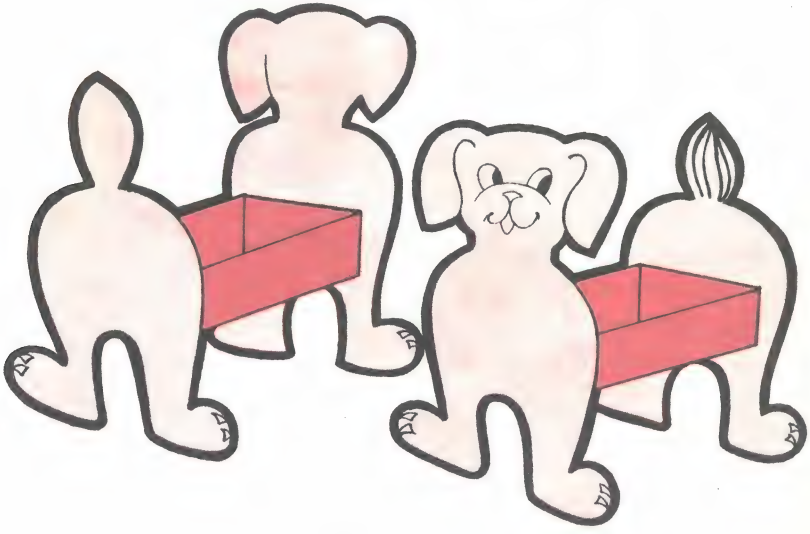
Two tins make a lot of fun as stilts. Use strong string or wire as handles.

Here is a shoe box garage with a cardboard roof. Clear plastic is good for windows.

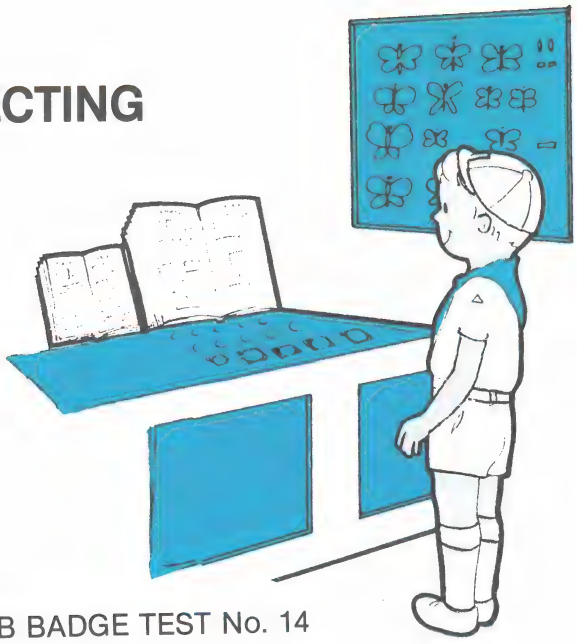


A large paper bag (not plastic) for a mask is fun. Mark the places for your eyes before you cut them out. This is how you make curly paper hair. Make a pin tray for Mum with a box and stiff cardboard like this.





COLLECTING



CHEETAH CUB BADGE TEST No. 14

Collecting is fun. Explorers and Naturalists find many interesting things in their travels. These they carefully label so that when they come back they can tell others about them. This is how we learn of them.

What to do:

☐ After discussing it with Akela, make a collection of at least 10 articles all of which must be of the same kind. Arrange your collection in an orderly way, and be able to tell others something about the things you have collected.

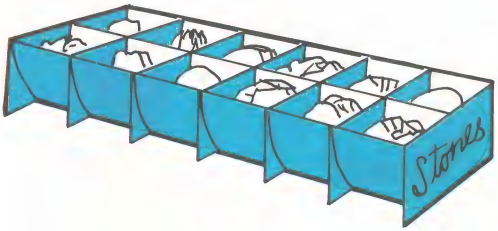
Most of us collect something, but very few plan their collection or find out as much as they can about it. Cubs do. Tell Akela what you are collecting so that she knows and can advise you. Gather your treasures and find out all about them.

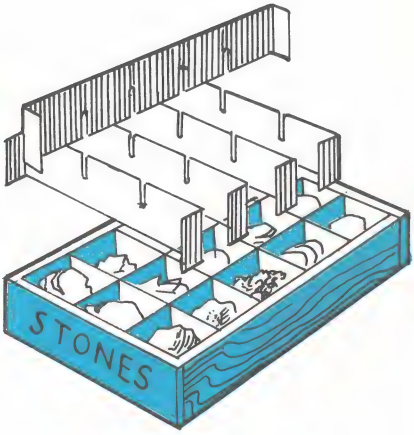
Here are some ideas:

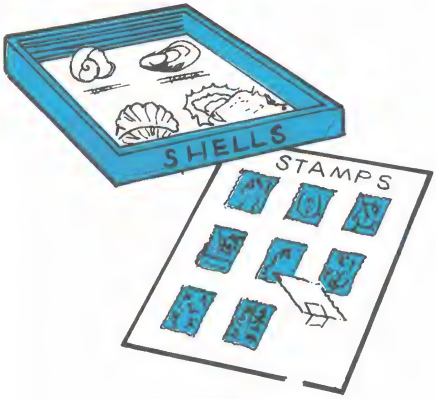
Postcards	Coins	Stones
Stamps	Toy soldiers	Leaves
Shells	Feathers	Matchboxes
Labels	Insects	Bottletops

HOW TO KEEP COLLECTIONS

Empty egg cartons make a good place to keep your stone collection.



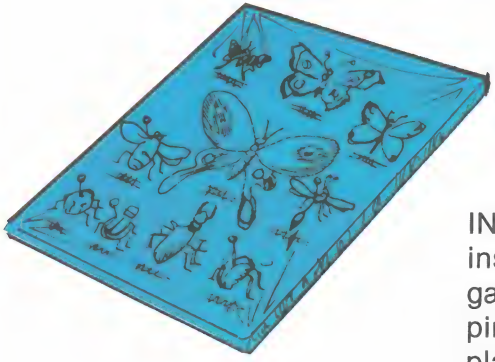




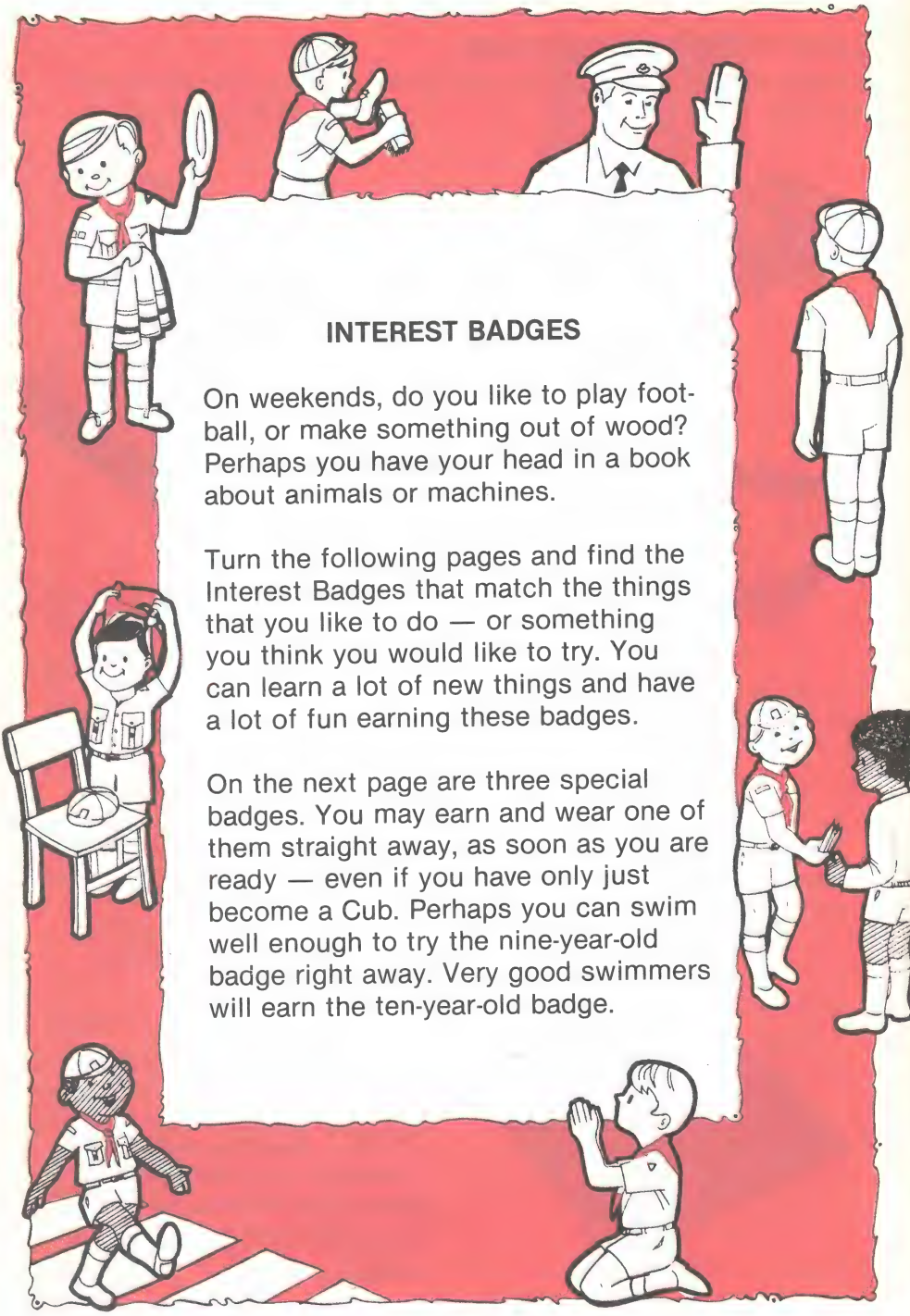
STONES — Put them on a tray with cardboard fences.

SHELLS — Wire them on to a cardboard in a tray.

STAMPS — Use sticky paper hinges to fasten them in a book.



INSECT BOARD — Pin dead insects to section of corrugated box. Protect by wrapping with cellophane or thin plastic.



INTEREST BADGES

On weekends, do you like to play football, or make something out of wood? Perhaps you have your head in a book about animals or machines.

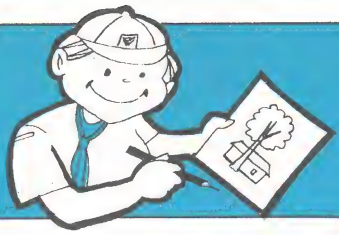
Turn the following pages and find the Interest Badges that match the things that you like to do — or something you think you would like to try. You can learn a lot of new things and have a lot of fun earning these badges.

On the next page are three special badges. You may earn and wear one of them straight away, as soon as you are ready — even if you have only just become a Cub. Perhaps you can swim well enough to try the nine-year-old badge right away. Very good swimmers will earn the ten-year-old badge.

1. **The Swimming Badge** for eight-year-olds. Practise to earn this badge even if you are still just learning to swim.

2. **The Swimmer Badge** for nine-year-olds. You may earn this while you are eight, because it shows that you know how to look after yourself in the water and have fun with safety. Ask Akela to tell you how to earn it.

3. **The Aquanaut Badge** for ten-year-olds. If you have had a lot of swimming practice, you can try for this badge straight away. It is for good swimmers. You will need to be able to swim under water and on top and know about water safety. Akela will show you the list of things to do.

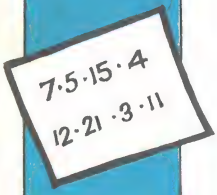


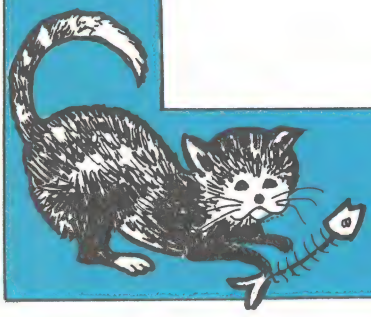
THE YELLOW BADGES

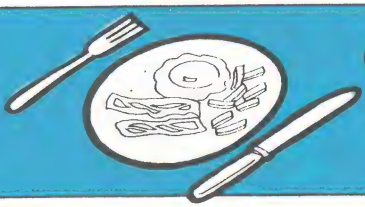
There are 16 Badges you may like to earn while you are eight. They are all yellow cloth and you can find out how to earn each one on the following pages. The badges are:

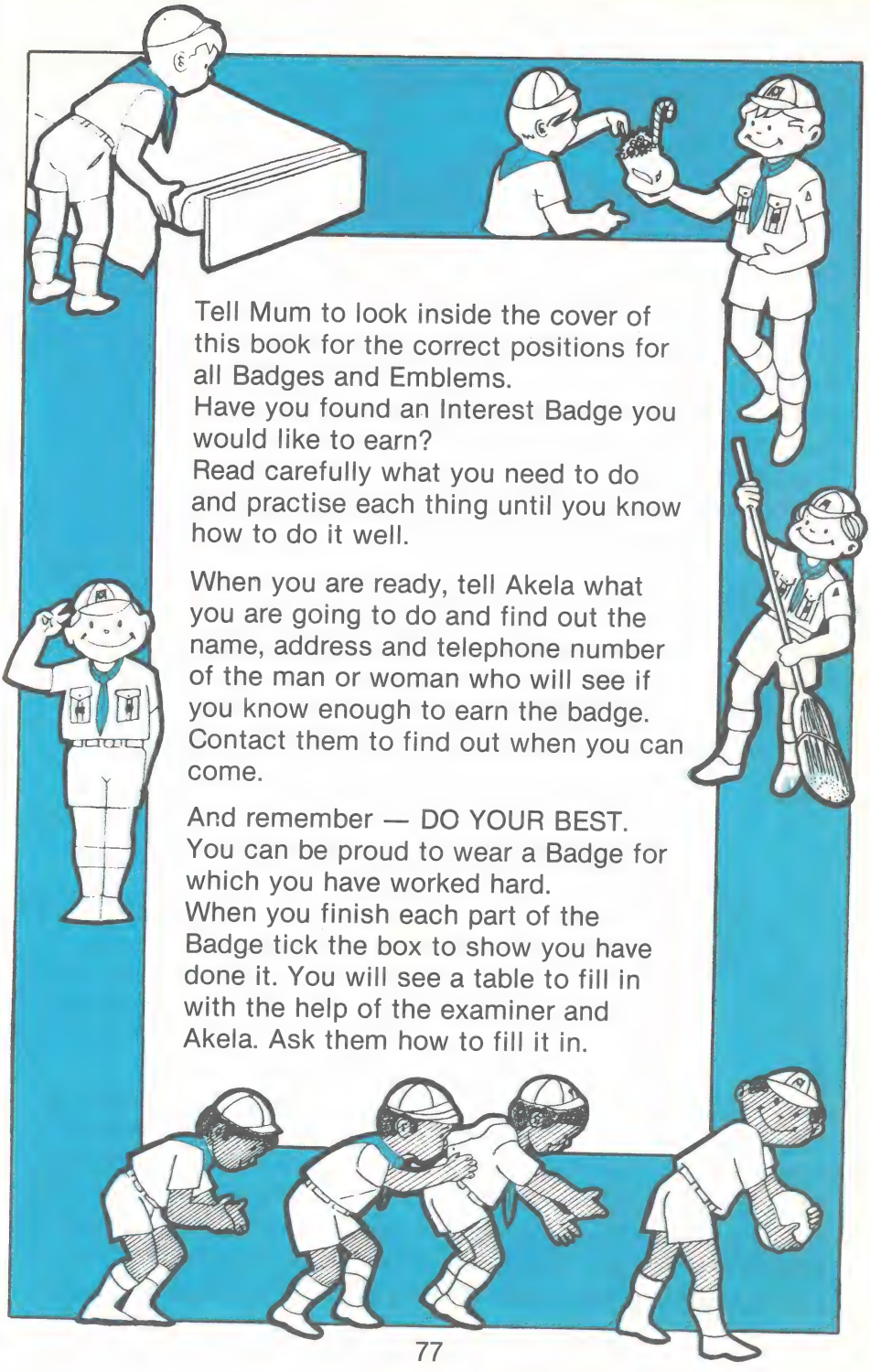
1. Athlete
2. Birds
3. Conservation
4. Drawing
5. Fishing
6. Flying Models
7. Gardening
8. Handcraft
9. Homecraft
10. Machines
11. Model Boats
12. Pets
13. Secret Codes
14. Singing
15. Sports
16. Swimming

You can earn as many yellow Badges as you like until your ninth birthday. When Akela presents the Badges to you, wear them on your right sleeve.





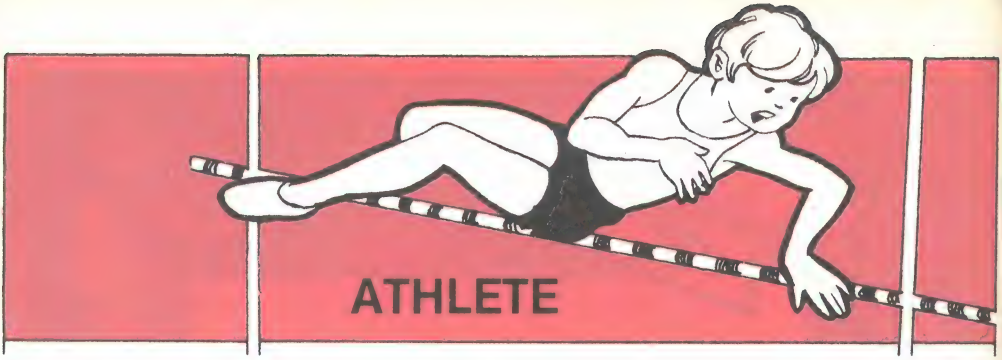




Tell Mum to look inside the cover of this book for the correct positions for all Badges and Emblems.
Have you found an Interest Badge you would like to earn?
Read carefully what you need to do and practise each thing until you know how to do it well.

When you are ready, tell Akela what you are going to do and find out the name, address and telephone number of the man or woman who will see if you know enough to earn the badge. Contact them to find out when you can come.

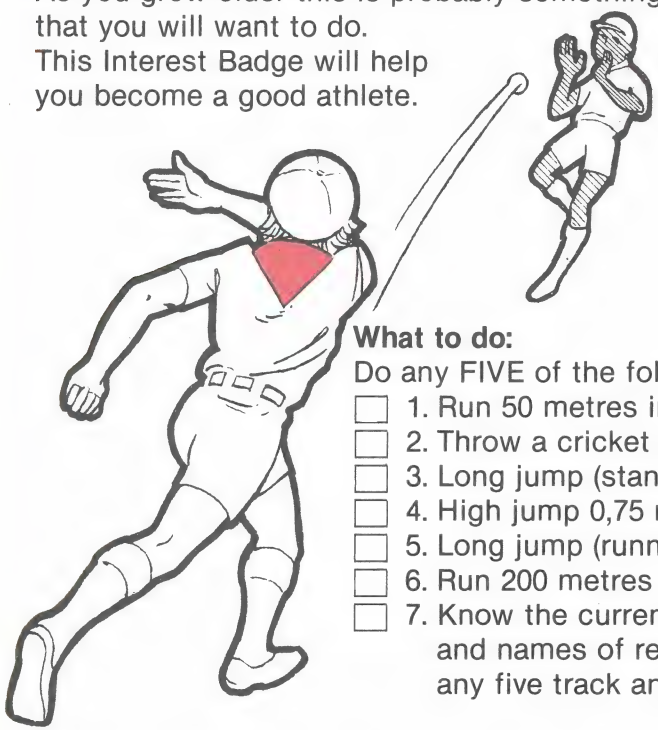
And remember — DO YOUR BEST.
You can be proud to wear a Badge for which you have worked hard.
When you finish each part of the Badge tick the box to show you have done it. You will see a table to fill in with the help of the examiner and Akela. Ask them how to fill it in.



ATHLETE

INTEREST BADGE 1

Have you ever competed in your school's sports day? As you grow older this is probably something that you will want to do. This Interest Badge will help you become a good athlete.



What to do:

Do any FIVE of the following:

- ☐ 1. Run 50 metres in 11 seconds
- ☐ 2. Throw a cricket ball 18 metres
- ☐ 3. Long jump (standing) 1,3 metres
- ☐ 4. High jump 0,75 metres
- ☐ 5. Long jump (running) 2 metres
- ☐ 6. Run 200 metres in 45 seconds
- ☐ 7. Know the current world records and names of record holders for any five track and field events.

A good place to practise for this test would be at the beach or in a park or a paddock. You will probably have to get an adult to help you mark out distances and supply posts for the high jump. He will also need a stop watch to time you. Southern Africa has produced many fine athletes and perhaps you could become an athlete one day and compete in the Olympic Games. Find out if you can name some of the World's greatest athletes and what records they hold.

BIRDS

INTEREST BADGE 2

There are over 800 different kinds of birds in Southern Africa. How many kinds visit your garden? The best way to find out is by building some things to bring birds into your garden. Things like:

(a) a bird bath
(b) a feeding table and
(c) a nesting box.

Make sure that any of these are safe from cats!

Do any three of the following:

☐ 1. Identify (in nature or from photographs) 5 different kinds of birds that live in Southern Africa.

☑ 2. Show the examiner that you know three birds by their call or song.

☑ 3. Feed birds that are not in captivity, and tell the examiner which birds you attract.

☑ 4. Draw and colour a bird which belongs to your locality.

No.	Date	Examiner sign here	Entered on Chart
1			
2			
3			
4			

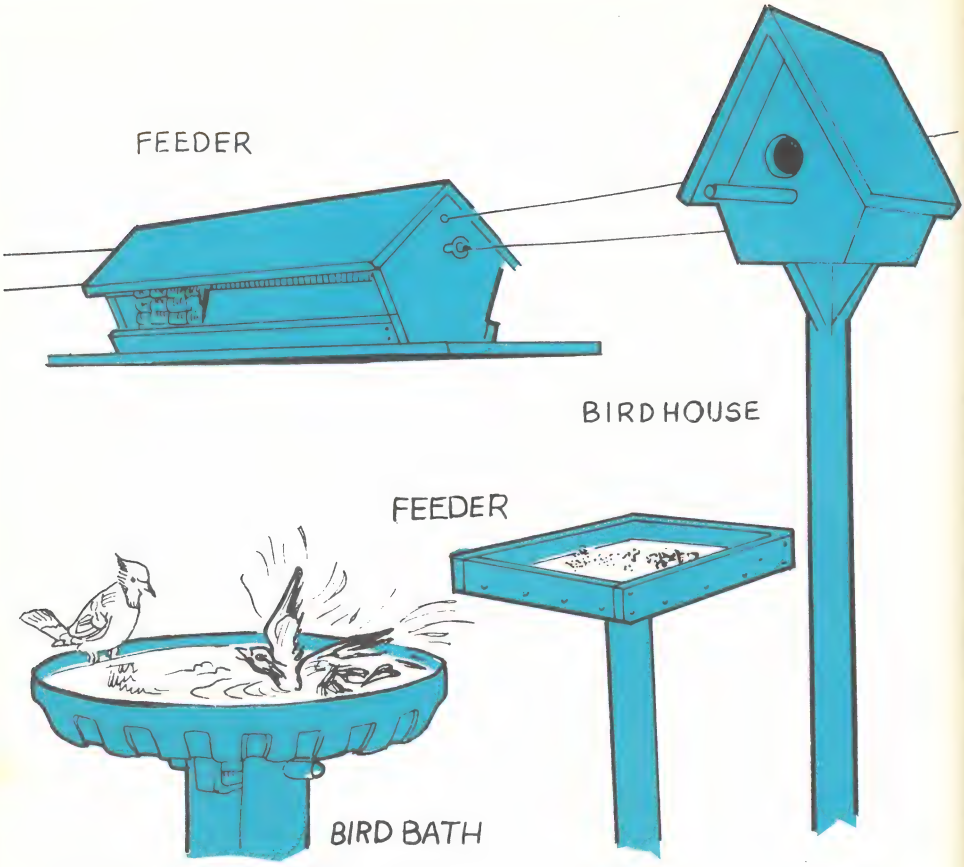
When you have a lot of birds coming into your garden, it's fun to watch and name them. Make a note of their colours, sizes and calls. Go to the library and borrow one of the many books on Southern African birds. Here are a few suggestions:

'Our Birds' by Jo Oliver
'Roberts Birds of South Africa'

Museums and Bird Sanctuaries are places where you can also see and identify birds.

To name different bird calls there are some very good records and tape cassettes for you to listen to. Visit the Wild Life Society in your area and find out what is available. You could also contact the local Wild Bird Club which would help you. Using a tape recorder in the bush to record bird calls is fun. You could do this with Mum's or Dad's help.

Try drawing and colouring in some drawings of some of the birds that visit your garden and use them on the covers of your school books or to make Christmas Cards.



HOW TO ATTRACT BIRDS

Birds love birdbaths. Robins, starlings, doves, bulbuls, sparrows, and many others bathe often. Your birdbath will be in almost daily use.

A bath may be almost any size or shape. It could be just a wash-basin on the ground or a rubbish bin lid on a post.

Here are some good rules:

1. Water not over 6 cm deep.
2. The bath should be rinsed or sponged out when it becomes dirty and begins to smell.
3. The inside should be rough to give birds a sure foothold.
4. Set it in an open area away from shrubbery or other hiding places for cats. Put it near a tree so birds may reach safety quickly even if their feathers are wet.

CONSERVATION

INTEREST BADGE 3

Conservation means looking after what Nature has provided for everyone to enjoy. By helping to save our animals, birds, flowers and trees, boys and girls can practise Conservation.

Did you know that many of our animals have already disappeared? Many others are in danger because of greedy men and cruel hunters who disobey protection laws. Many animals and birds have disappeared because their feeding grounds have been spoilt.

Do any three of the following:

☑ 1. Name an animal in Southern Africa that is in danger of extinction and explain why. cheetah.

☑ 2. Draw and explain a simple picture that shows how water that falls as rain gets to your water tap.

☐ 3. Carry out an experiment that shows how soil may be lost or ruined and how grass or other plants help protect soil.

☐ 4. Visit a fauna or flora reserve and report how these reserves conserve animals and plants.

No.	Date	Examiner sign here	Entered on Chart
1			
2			
3			
4			

Find out why animals are disappearing and how you can help to save them.

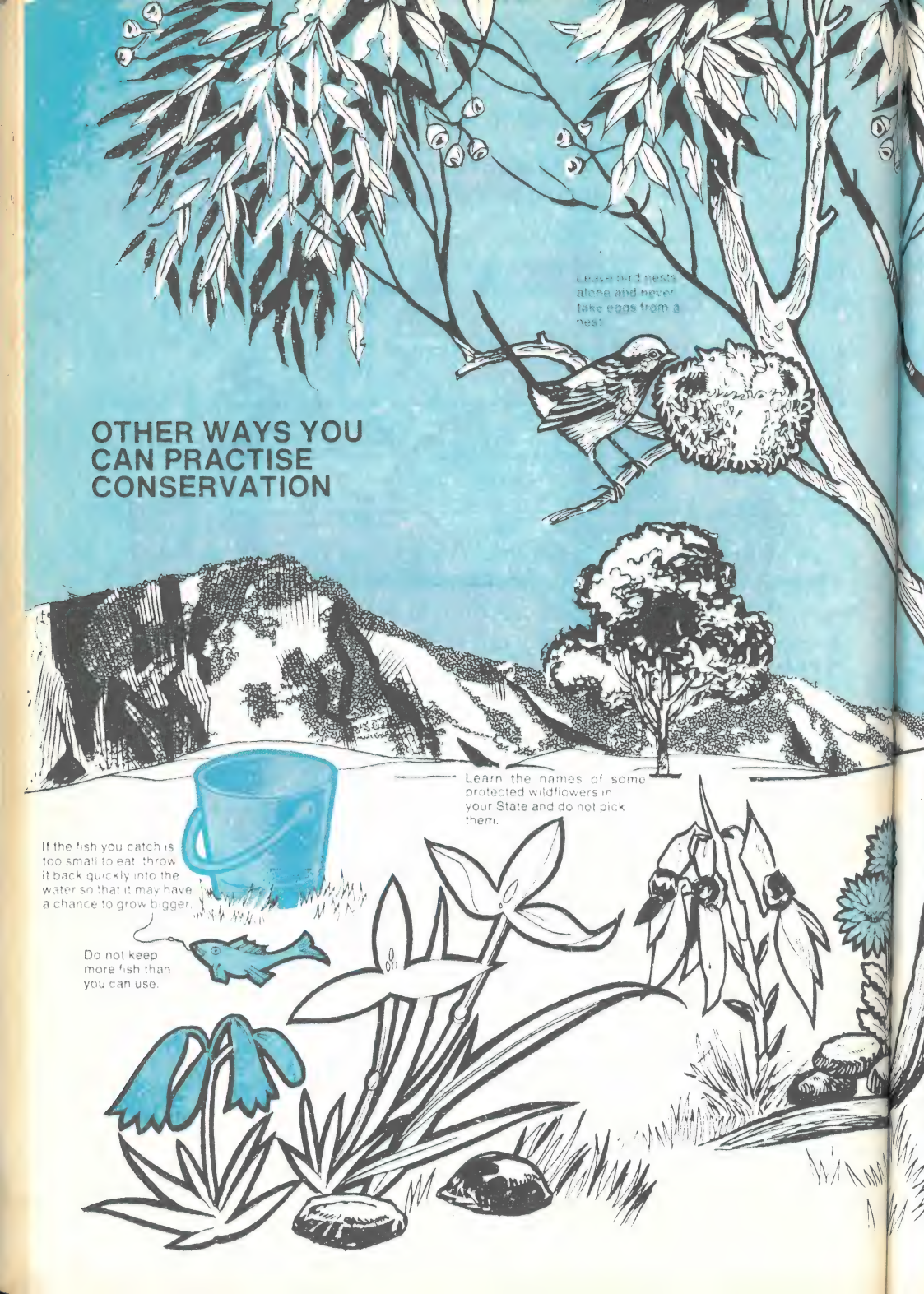
Saving our water is very important. Always remember to turn off taps very tightly when you have finished with them.

Saving soil is important, too. Trees and plants need good soil to grow. Erosion is caused by water washing away bare soil. This soil is lost in rivers and dams. Trees and grass help protect soil and keep it from being washed away.

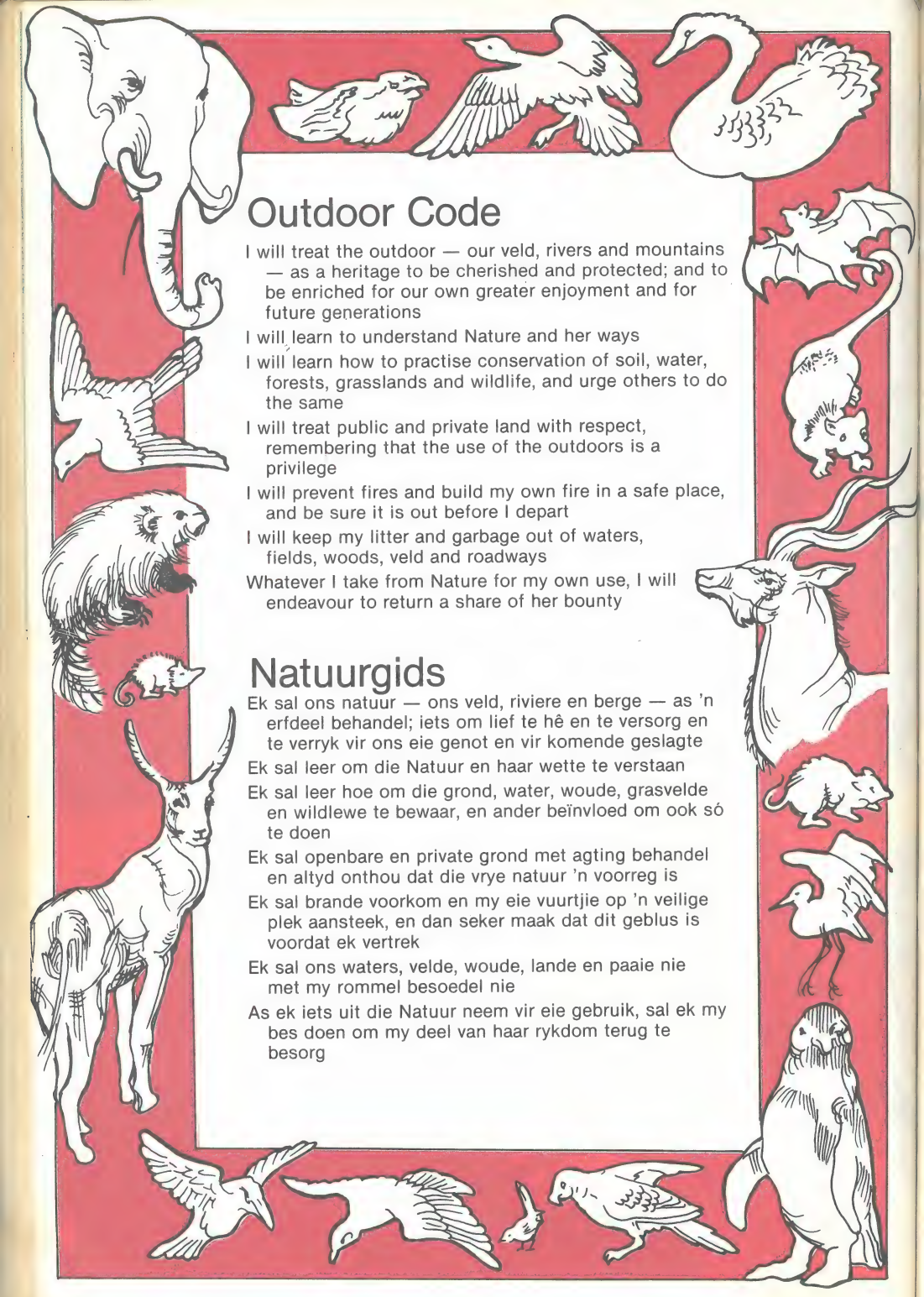
National Parks, Nature Reserves and flora and fauna reserves are places where trees, plants, animals and birds live and grow free from harm. When you visit a park or reserve, ask a Ranger why these areas are being saved for everyone's enjoyment.

You can also practise Conservation by helping to keep the bush, beaches, rivers, roads and cities clean and free from rubbish. If you see a banana skin, a broken bottle, an empty drink can, or even a small piece of paper, be a good Cub — pick it up and put it in the nearest rubbish bin. It is one of the best good turns you can do.

Without water we would soon die of thirst. This picture shows how rainwater finally reaches taps.


Leave bird nests alone and never take eggs from a nest.
OTHER WAYS YOU CAN PRACTISE CONSERVATION
Learn the names of some protected wildflowers in your State and do not pick them.
If the fish you catch is too small to eat, throw it back quickly into the water so that it may have a chance to grow bigger.
Do not keep more fish than you can use.

Find out the useful insects in your yard and let them live.
Build a bird house in your yard
Never chop or carve your initials on a living tree with a knife or an axe.
Plant grass, trees or shrubs in your yard, school, park or farm where water washes soil away.



Outdoor Code

I will treat the outdoor — our veld, rivers and mountains — as a heritage to be cherished and protected; and to be enriched for our own greater enjoyment and for future generations

I will learn to understand Nature and her ways

I will learn how to practise conservation of soil, water, forests, grasslands and wildlife, and urge others to do the same

I will treat public and private land with respect, remembering that the use of the outdoors is a privilege

I will prevent fires and build my own fire in a safe place, and be sure it is out before I depart

I will keep my litter and garbage out of waters, fields, woods, veld and roadways

Whatever I take from Nature for my own use, I will endeavour to return a share of her bounty

Natuurgids

Ek sal ons natuur — ons veld, riviere en berge — as 'n erfdeel behandel; iets om lief te hê en te versorg en te verryk vir ons eie genot en vir komende geslagte

Ek sal leer om die Natuur en haar wette te verstaan

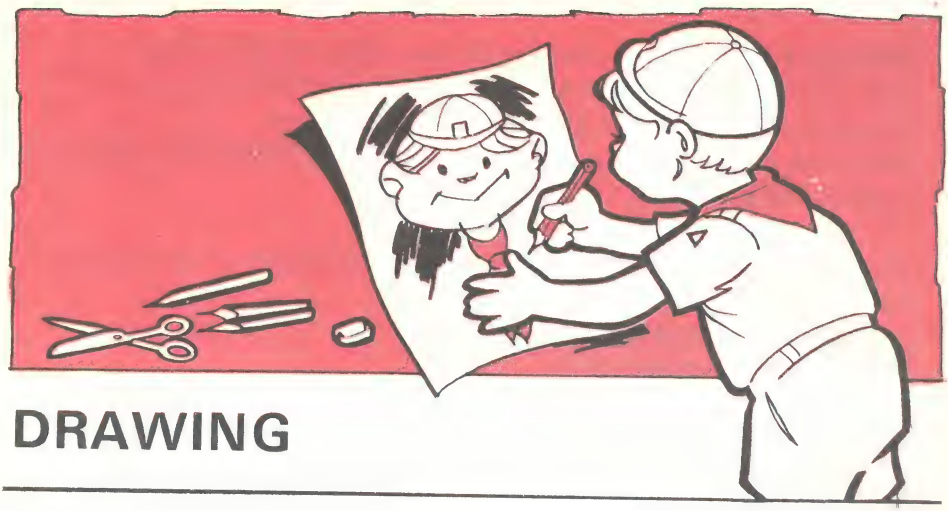
Ek sal leer hoe om die grond, water, woude, grasvelde en wildlewe te bewaar, en ander beïnvloed om ook só te doen

Ek sal openbare en private grond met agting behandel en altyd onthou dat die vrye natuur 'n voorreg is

Ek sal brande voorkom en my eie vuurtjie op 'n veilige plek aansteek, en dan seker maak dat dit geblus is voordat ek vertrek

Ek sal ons waters, velde, woude, lande en paaie nie met my rommel besoedel nie

As ek iets uit die Natuur neem vir eie gebruik, sal ek my bes doen om my deel van haar rykdom terug te besorg



DRAWING

INTEREST BADGE 4

All boys, as soon as they can hold a pencil, like drawing pictures. You have probably been making lots of pictures at school and at home. This badge gives you the chance to show how well you can draw.

Do any three of the following:

1. In the presence of the examiner, draw a free-hand sketch.
2. Make a comic strip of at least six frames.
3. Make a stencil pattern.
4. Make a poster advertising a Pack Activity.

No.	Date	Examiner sign here	Entered on Chart
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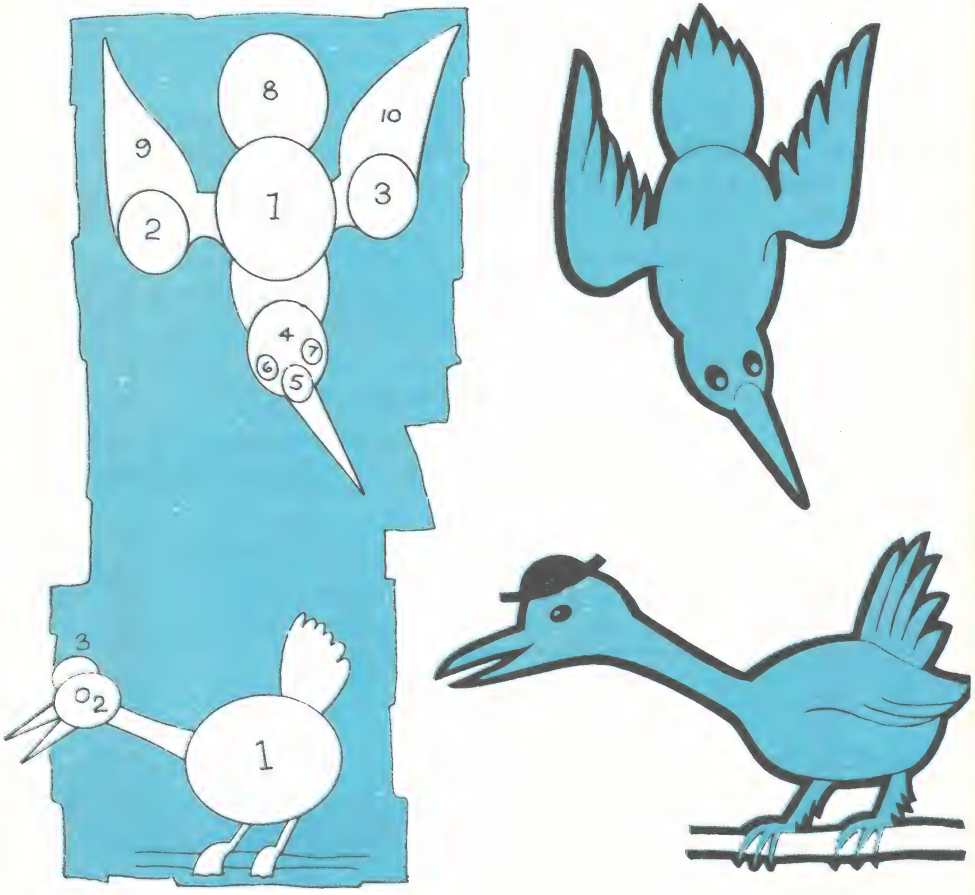
You must keep trying with your sketching; make sure you really look at things and try to sketch them quickly. When you have a few spare minutes and something catches your eye, pick up your sketch pad and pencil and have a go!

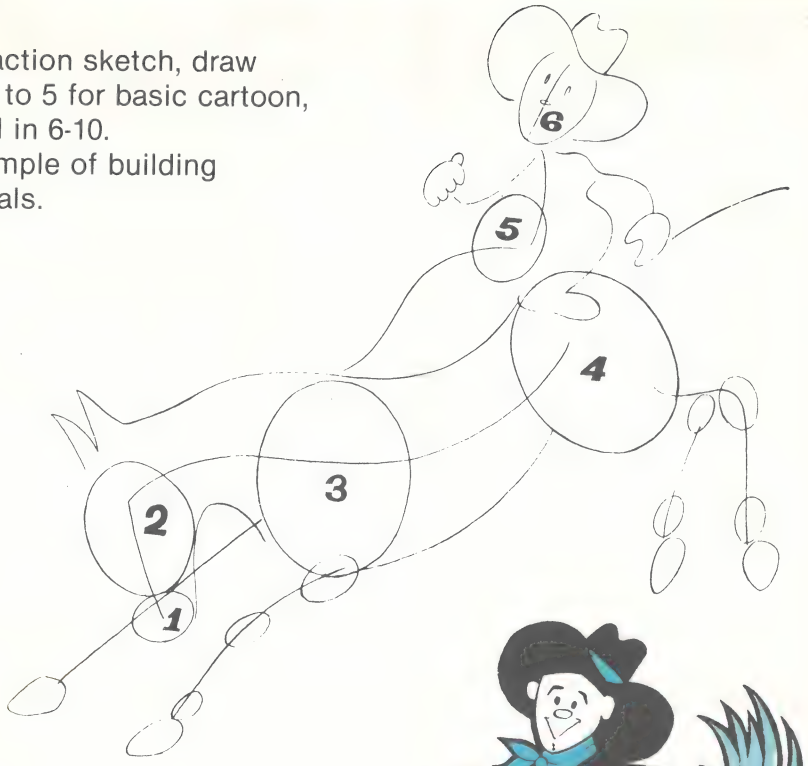
Making a cartoon is a mixture of fun, drawing and ideas.
You can't be taught to have ideas, you must look at lots of things and see the fun in everyday happenings.
Here are a few animals that can be drawn quickly from oval and round shapes.

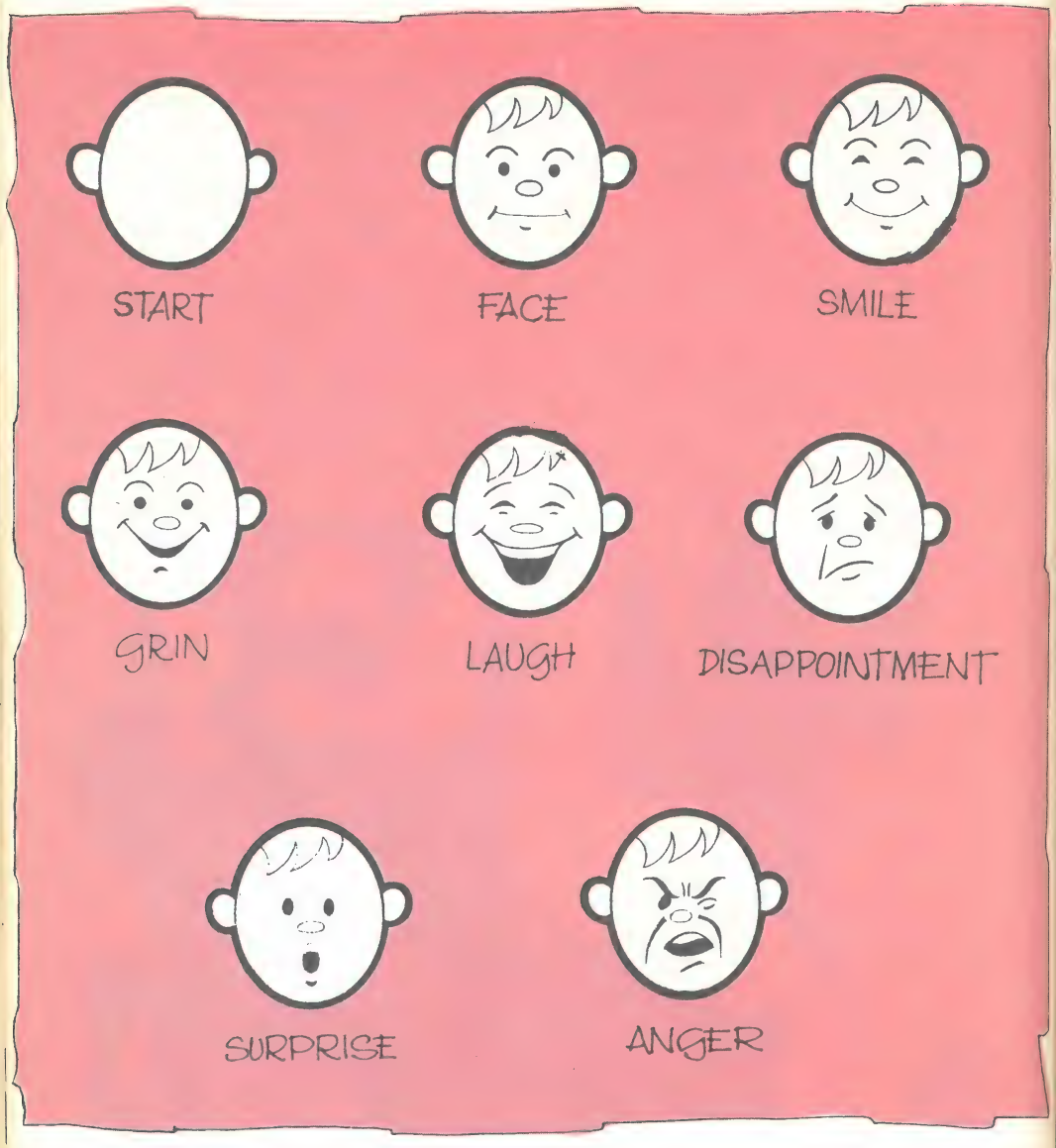
Stunt Flyer Bird — this bird can be drawn easily by arranging a series of ovals as shown.

- Draw oval for body.
- Locate eye and bill.
- Sketch guidelines for legs.
- Finish with a free-flowing line as shown.



In the action sketch, draw ovals 1 to 5 for basic cartoon, then fill in 6-10.
An example of building with ovals.





The way you draw a face means a lot in cartoons. Look at yourself in a mirror. Make faces at the mirror and draw them on paper with a few simple lines.
Here are a few expressions:
Start, Face, Smile, Grin, Laugh, Disappointment,
Surprise, Anger.

Action puts life into the cartoon and helps to tell the story. Stick figures are made up of simple straight lines. The dots show where the limbs join. Be sure they bend in the right direction.
Running, Sitting, Bending, Climbing, Vaulting, Kicking.

MAKING A STENCIL

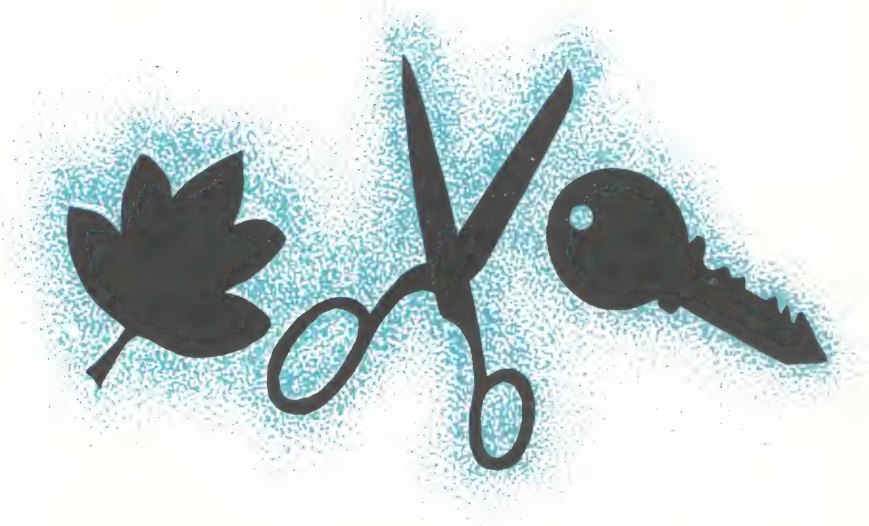
Use a piece of heavy cardboard and draw a shape you like. It could be an animal, a windmill, a witch, a leaf, almost anything. Use a pair of sharp scissors to cut out your shape. Now you have a stencil.

Place your stencil on a sheet of paper and paint all around, taking care not to move the stencil until the painting is finished. Another way to make a stencil pattern is by using paint and spattering it on to the paper. For this you will need:

- an old toothbrush
- a saucer
- a stencil
- a sheet of paper
- poster paint
- a piece of mosquito screen on a frame, or an ice-cream stick.

Getting ready

Put newspaper over the table where you plan to work so that the paint won't spatter on the table. Don't forget to put on an apron. Pour some poster paint into a saucer and add some water to make the paint thinner.



Making a spatter pattern

Place a stencil on the paper. Dip your toothbrush in the saucer of paint. Hold your screen over the paper and brush on it. Paint will spatter all over the paper. A screen with big holes will make big spatter spots. A screen with small holes will make small spatter spots.

If you use an ice-cream stick instead of a screen, rub your toothbrush against the stick to make the paint spatter. After you have covered the paper with spatters and the paint is dry pick up the stencil.

FISHING

INTEREST BADGE 5

Cubs like fishing and many Cubs go fishing with Dad. Has Akela ever taken your Pack on a fishing expedition?
If you do not live near the ocean you probably live close to a river. Many people like fishing in rivers and in the ocean. This badge is for those Cubs who really like fishing. Many of you will already have your own rod or line and will enjoy doing this.
You will have to do things such as rig your line and catch a fish. You will also have to know the rules about when you may catch certain fish and how big they must be. Obeying these rules is practising conservation. All Cubs practise conservation so this will not be new to you.

What to do:

Do test 5 and any THREE from the remaining five:

- ☐ 1. Identify 5 fish caught in the rivers or oceans of Southern Africa.
- ☐ 2. Rig a fishing line with hook and sinker and use it for fishing.
- ☐ 3. Go fishing with an adult, bait a hook, and catch a fish.
- ☐ 4. Demonstrate how to cast with a rod and reel.
- ☐ 5. Describe the safety rules for fishing and boating, and list the simple rules of fishing courtesy.
- ☐ 6. Make a list of fishing laws concerning:
  (a) the minimum size of three fish found in your area
  (b) the inland fishing regulations in your area.

(Note: A letter must be produced from a parent or adult for Test No. 3)

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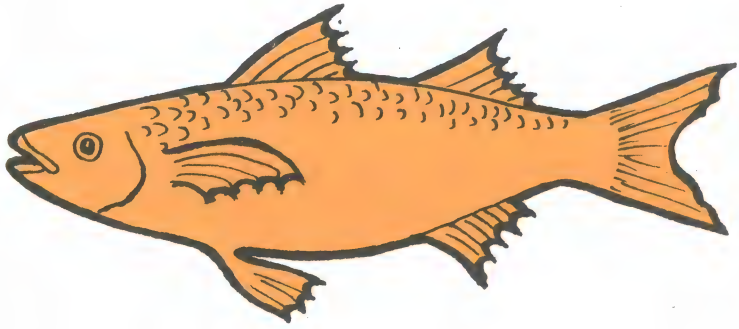
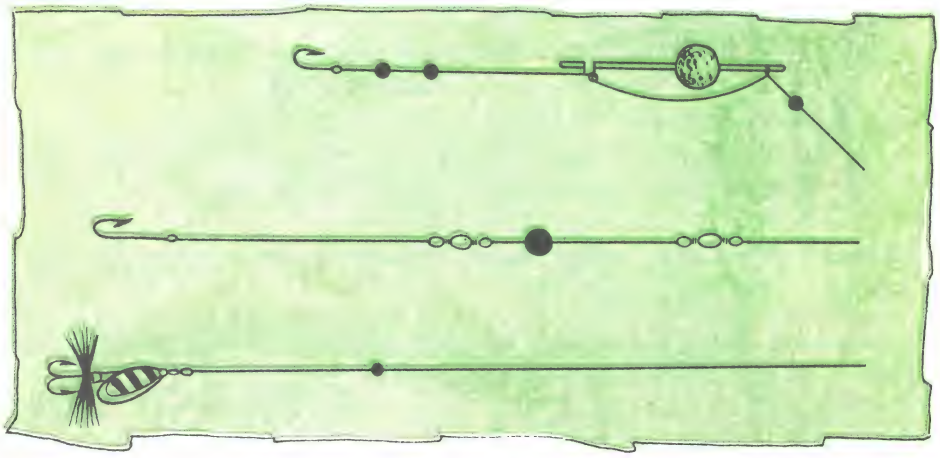


When you catch a fish you will want to know its name. Try to find out its name by asking an adult or looking it up in a book. Did you know that there are many different ways to rig your line? It depends where you are fishing, whether you are using a rod or a hand line and what you are trying to catch.



When you go fishing make sure that your gear is properly put together. Always fish with Dad or a friend.

In almost all areas there are laws which fishermen must obey. These laws tell you the smallest fish you may keep and how many fish of different sorts you can catch in one day. These laws also tell you when you aren't allowed to catch certain fish. If you want to fish you may have to have a licence. This is another law which makes sure some fish will always be left in our rivers.
As these laws vary in different parts of Southern Africa, you should find out the laws for the area where you want to fish by asking or writing to the Government Department concerned. Or you could go to the library and borrow a book on fishing called 'Freshwater Fishing in South Africa', by Michael G. Salomon, which tells you all about fresh water fishing including the fishing laws.

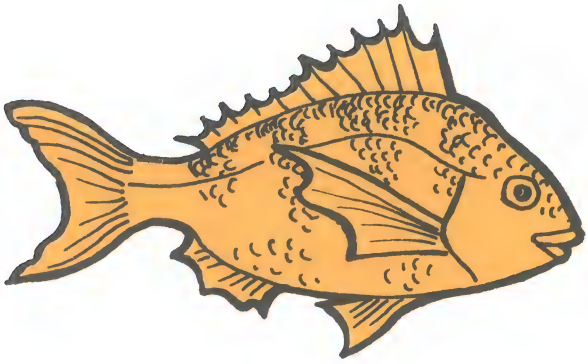
ROD AND REEL

A rod and reel are usually used in fishing. With them you can cast your bait or lure far out into the water where you think the fish might be.

The reel is a spool on which your fishing line is wound. You can wind it to take the line in. And you can let the line run out fast when you cast.

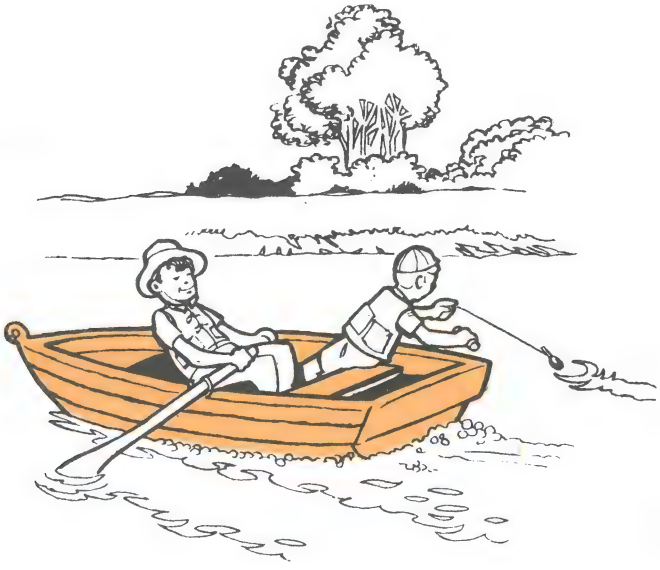
Casting takes a lot of practice. Here are a few tips in using a spinning or spin-casting rod:

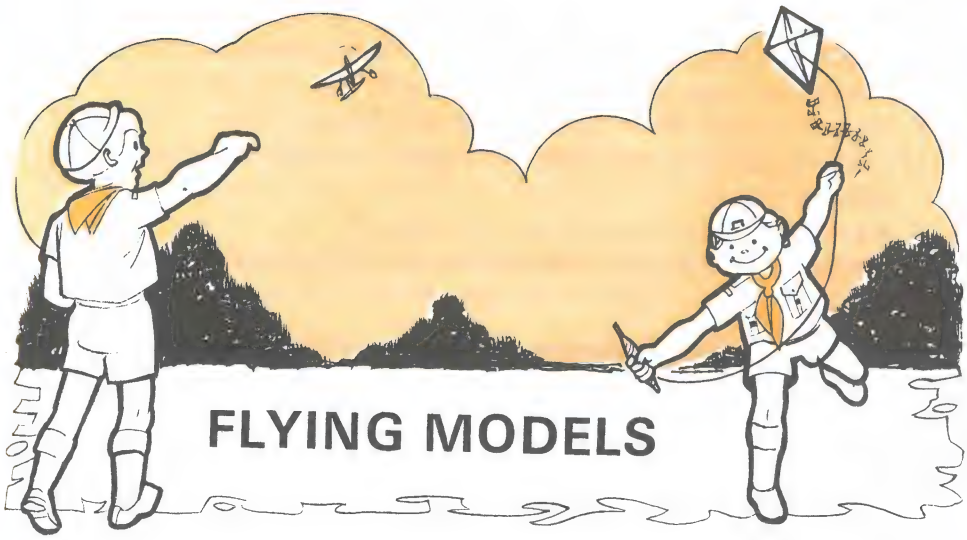
- Hold your rod tip at 10 o'clock, with lure or hook drawn to within 15 cm or so of the tip.
- Raise the rod swiftly and smoothly to a 1 o'clock position, then immediately . . .
- Whip the rod back down to the 10 o'clock position and release your index finger holding on the line (spinning) or thumb from button (spin casting).
- To stop flight of lure or hook, touch the line against the spool lightly with your index finger.
- Be very careful to see that you have plenty of room. You don't want to hook nearby fishermen.



SAFETY RULES FOR FISHING

- When you are fishing on the shore of a dam or stream, be careful of overhanging banks.
- In stream fishing, watch for steep banks, holes, slippery rocks, or logs.
- When boat fishing, do not overload the boat. Take a life preserver for each passenger. Watch the weather and head for shore when a storm threatens. Stick with the boat if it swamps; it will support more people than it will carry.
- Cast correctly so you won't snag other fishermen with your hook.





FLYING MODELS

INTEREST BADGE 6

A clear windy day and what springs to mind? What a great day to fly a kite. You'll have lots of thrills with a high-flying kite, especially if it is one you have made yourself.
Remember to learn the safety rules set out below and you will have hours of fun with your kite.

What to do

☐ 1. Explain the safety rules for kite flying.
☐ 2. Do any TWO of the following:
(a) make and fly a glider ✓
(b) make and fly a box kite
(c) make and fly an 'ordinary' kite.

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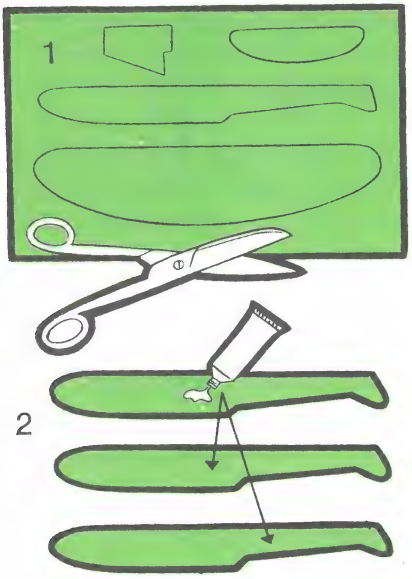
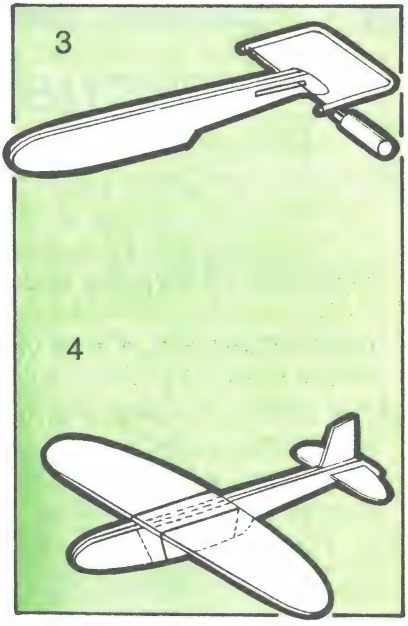
Safety Rules for Kite Flying

1. Never fly a kite in a thunderstorm.
2. Never fly a kite near electric wires or transmission towers, or near storm water channels or on top of a steep cliff.
3. Never use metal in making a kite — it could attract lightning.
4. Never use wire or wet string for a kite line.
5. Never fly a kite on a public road or a railway line.
6. Never try to remove a kite entangled in wires, treetops, roofs or high poles.
7. Never fly a kite higher than 100 metres.
8. Never fly a kite near an airport or landing ground.





A balsa-wood glider — you will need:

- balsa wood
- drawing pins
- a tube of hobby-glue
- a rubber band.

On a piece of balsa wood draw the parts of the glider as shown in figure 1.

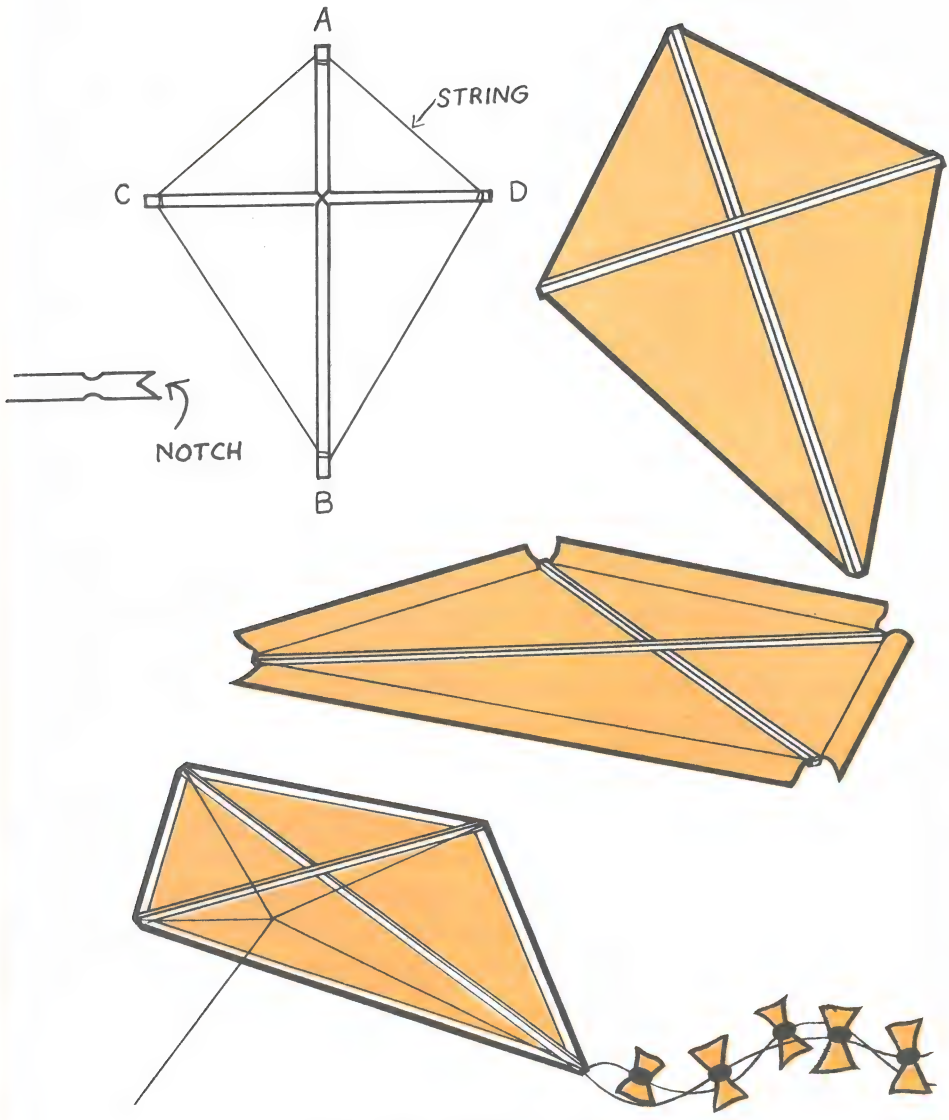
Cut out the pieces with a sharp knife or scissors. Then cut out three more fuselage pieces.
Smooth the edges with sandpaper. Use hobby-glue to glue the four fuselage pieces together (figure 2).
After the glue is dry, cut slits with a sharp knife for the rudder and the elevator (figure 3).
Attach these pieces to the fuselage with hobby-glue.
Use a rubber band to attach the wing to the fuselage as shown in figure 4. Stick drawing pins on the front end of the fuselage to weight it.
You can trim your glider for perfect flight by moving the wing forward if it dives and backwards if it climbs.

How to make a two-stick kite

Cut a dowel stick A-B 90 centimetres long and a dowel stick C-D 75 centimetres long. Apply glue where the sticks cross and then lash them together with several windings of strong cord. Let the glue dry.
Notch each end of each stick and make a little cut all around the end of each stick about 1 centimetre from the tip as shown. Run string around and through these notches to form the outline of the kite.
Place your kite frame on the floor on top of a large sheet of paper on which you have coloured a design. Cut out the paper to fit the frame, allowing a 2,5 centimetre margin all around. Fold margin of paper over the frame and glue tightly as shown. String as shown on the next page.

Bridles

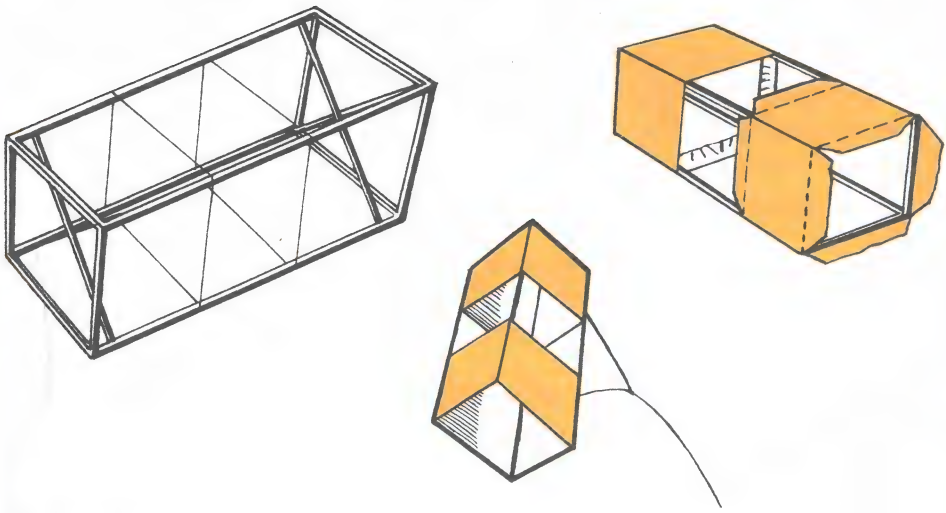
These are the cords attached to the kite sticks and leading to the flying cord. They are centred from side to side.
The bridle cord that goes from end to end must tilt the kite's nose upward to catch the wind beneath, so the top cord is made shorter. The cords meet just below the place where the cross stick is tied securely to the upright.
The kite cord is fastened to the bridle with a slip knot.



A TWO STICK KITE

The Tail

A kite tail will keep your kite flying straight. Cut a piece of string about 90 centimetres long, and tie on strips of paper or cloth about every 15 centimetres along the string. Attach the tail to the bottom of your kite.



A Box Kite

This kite flies well in a good wind without a tail or a bridle string. The breeze lifts the two flat sides and the inside corners are filled with air passing through.

To make a box kite you will need:

- 4 sticks 1 centimetre square by 90 centimetres
- 8 sticks 1 centimetre square by 30 centimetres
- 4 sticks 1 centimetre square by 40 centimetres
- 2 thin cloth or paper strips 35 centimetres wide by 130 centimetes long.

Build two square frames out of the 30 centimetre sticks for the box ends.

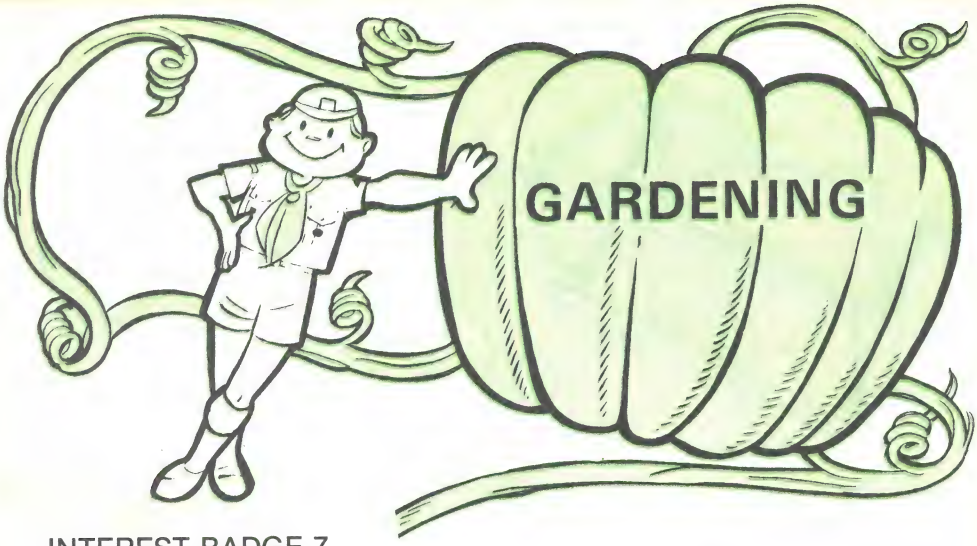
Stand the four uprights into the corners of these frames.

Place the cross supports or braces inside at the middle of the top and bottom boxes. Notch their ends to fit against the uprights and glue.

Make marks on the uprights, 23 centimetres down from the top and 28 centimetres up from the bottom edge. Run string around the four sides at these marks.

Lay the frame on the floor and cover with strips of paper cut 10 centimetres wider than the boxes. Slash the corners and paste in the 5 centimetre margins.

Fasten your flying cord at the middle of the stick between the two boxes.



INTEREST BADGE 7

Have you a 'green thumb'? Try for this badge and find out.

You can be a big help to Mum and Dad by making your house look nice.

Make sure you let them know where you are going to work and how much space you will be using.

Do any three of the following:

- ☐ 1. Grow a plant indoors.
- ☐ 2. Plant and grow at least two vegetables for use by your family.
- ☐ 3. Plant and grow a bed of flowers.
- ☐ 4. Grow some flowers in a window box, or some seeds in a box for transplanting.
- ☐ 5. Grow some flowers or vegetables in a solution of chemicals.

(Note: A letter must be produced from a parent or adult.)

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INDOOR PLANT

Ask Mum or Dad to help you choose a plant to suit your home, then prepare a pot that has enough room in it for the roots to spread and grow. Have a saucer or dish to catch the water that may drip through the drainage holes in the pot. Pebbles or ashes in the bottom of the pot help to draw the extra water from the soil.

Keep your plant in a spot out of the draught, near a window, and remember to water it regularly. But — too much water will make the soil and roots soggy and the plant may die.

VEGETABLE GARDENS AND FLOWER BEDS are dug and the soil broken up before planting. Perhaps you might add some fertiliser, too. Vegetable seeds are planted in rows. The packet will tell you how to space them. Use a string to make rows straight. Seedlings (that is, very young plants) may be used instead.

When you plan your flower bed, group the flowers so that none are hidden. Short flowers like pansies go in front of tall ones like zinnias or snapdragons.

Water and weed your garden often and watch for garden enemies like snails and caterpillars.

FLOWERS IN CHEMICAL SOLUTION

Did you know you could grow plants without soil? For this you will need:

- a pot about 15 centimetres across the top
- enough vermiculite to fill the pot (you can buy vermiculite at a gardening shop)
- 1 teaspoon of baking powder
- 1 teaspoon of Epsom salts
- 1 tablespoon of saltpetre
- 1 tablespoon of washing ammonia
- 4,5 litres of water

Pack the vermiculite in the pot until it almost fills the pot. Put about 3 seeds in the vermiculite (use large seeds). Mix the baking powder, Epsom salts, saltpetre, washing ammonia into the water — this is your *Plant Food Mixture.*

Now water your pot once a week with this Plant Food Mixture. If the vermiculite dries out water it with plain water.

Try this and see how long you can keep your plant alive.

WINDOW BOXES are bright and colourful.

Choose flowers that will not grow too big. Bulbs are suitable (for example hyacinths).

Space each plant out, otherwise the roots will become tangled and choked.

Make sure the boxes receive plenty of water and sunshine.

HANDCRAFT

INTEREST BADGE 8

Giving presents is great fun, but even more fun if you have made the present yourself. This Interest Badge gives you a chance to make something useful for your home. Also you can make a present for a friend or a brother or sister.
The first thing to learn is how to use simple tools. Perhaps your father will teach you how to use them. If you use Dad's saw and hammer, remember to put them back where Dad can find them! We give you two ideas for things to make but you will find books in your school library which will give you lots of ideas.

What to do:

☐ 1. Make an article which would be useful at home.
☐ 2. Make a gift or toy and give it to someone.
Note: The model made for your Cheetah Cub Test may not be used for this test.

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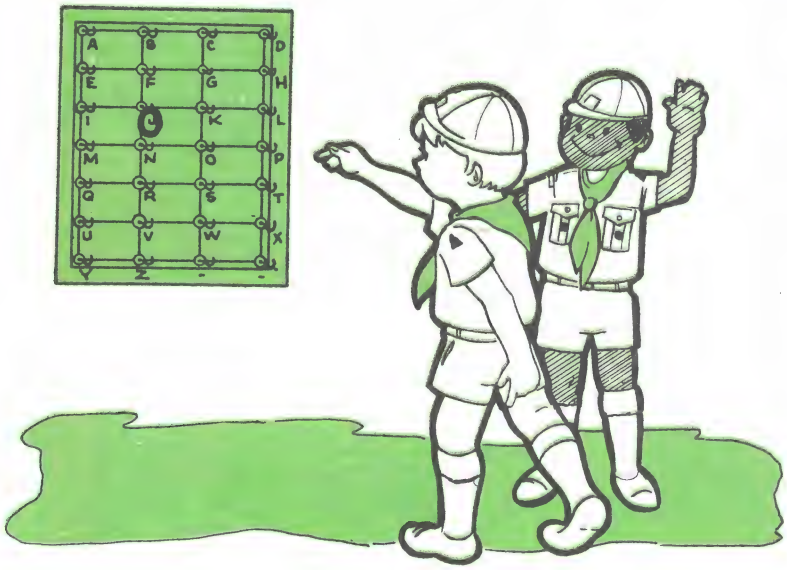
Make a Mobile

Hang this from the ceiling of a room. Your small brother or sister will like it. It will turn slowly in the gentlest breeze.

1. With pliers, cut 5 pieces of wire into different lengths. Wrap the cut ends with tape. (Coathanger wire is perfect.)
2. Cut 11 unequal pieces of strong thread and tie them to the ends of the wire. Twist the thread tightly around the wire several times before knotting it, so that it does not slide along.
3. Draw shapes on coloured cardboard. Cut out the shapes, make a small hole in the top of each shape and attach each one to a loose end of thread.
4. Hang your mobile from the ceiling and adjust it until it is perfectly balanced. (It may be necessary to shorten some pieces of thread.)

This mobile would be an ideal present for a young brother or sister or friend.



Make a toss game

This is played on a piece of plywood or very heavy cardboard about 45 centimetres x 60 centimetres. With a ruler, mark off a 2 centimetre margin all around the board. Then divide the board into three equal sections across and six equal sections up and down within the margin. Draw lines where you have made the marks.

Where each line crosses another, screw in a cup hook. Paint a letter of the alphabet underneath each hook. Since there are 28 hooks, there will be no letters for two of them.

Leave these blank and they can be penalty hooks that everyone should avoid. Make the rings out of pieces of clothesline about 20 centimetres long. Form a ring and fasten the ends together with twisted wire or masking tape. The object of the game is to see who is the first one to spell out all the letters of a short word chosen at the beginning.

HOMECRAFT

INTEREST BADGE 9

These men can look after themselves. While you are a Cub you can practise at home many things which will help you to look after yourself when you are in the bush or veld camping and hiking.

It also takes a team to run the house — your mother, your dad, your brothers and sisters if you have any, and YOU.

This Interest Badge will teach you to do your share of work around the house. It fulfils part of your Cub Promise — to do a good turn to somebody every day.

There are many things you can do to help. Here are some of them.

What to do:

- ☐ 1. Lay a table correctly.
- ☐ 2. Make a bed.
- ☐ 3. Wash and dry dishes after a meal.
- ☐ 4. Clean windows, silver or brasswork.

5. Sew on a button or a badge.
6. Wash and iron your Group scarf.
7. Show that you know how to be useful at home.

Note: *A letter must be produced from a parent or other adult.*

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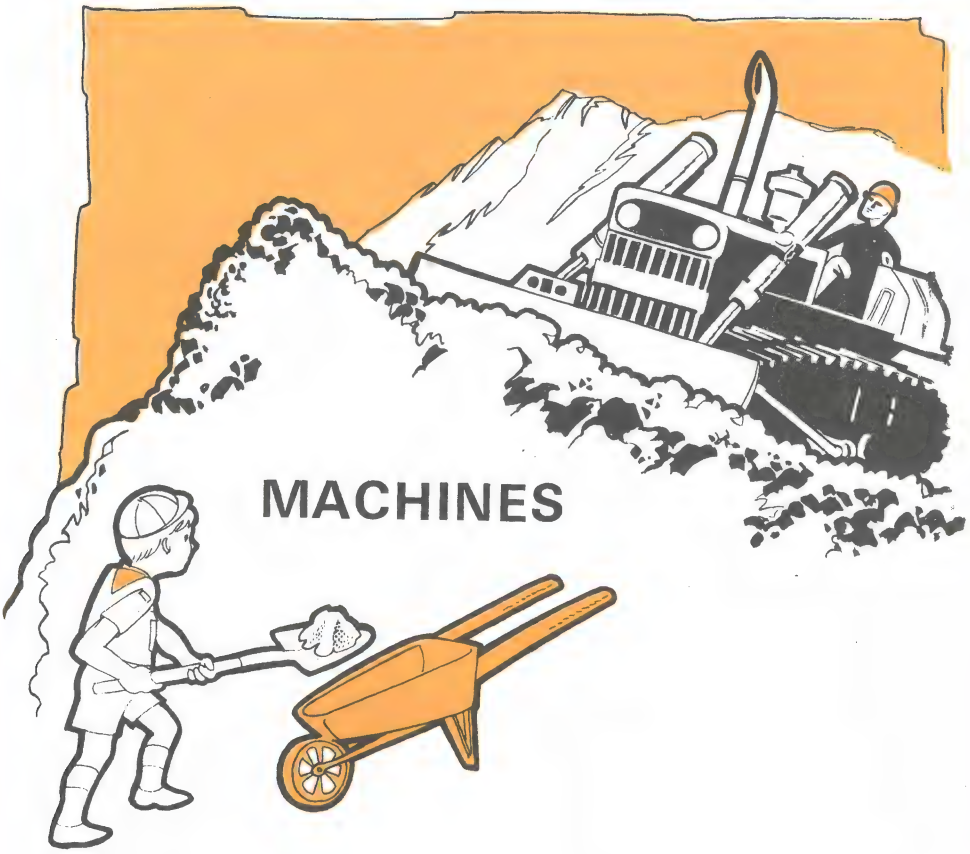
Mum will be pleased to show you how to do the tests for this Badge.
When you have gained it you will be able to do things for yourself and also to be a help around the home.
Be sure that you air your bed before you make it.
Crushed newspaper is good for drying off wet windows. It is also good for polishing silver and brass.

Being able to wash and iron your own scarf properly, and to sew on a button or a badge, will be useful in keeping your uniform smart at all times.

When washing dishes, use hot water and soap and clean the corners and edges well. Rinse the dishes in cold water after washing them before you dry them.

Talk with your mum and dad about helping around the home. Agree on the home jobs that you will do, including keeping your own things in order, to show that you know how to be useful at home. Perhaps you can cut the grass, rake leaves, carry in wood for the fire, or sweep the driveway or pavement. Make a list of the jobs you can do — and then DO THE WORK.



INTEREST BADGE 10

Most Cubs like looking at bulldozers and tractors, tip-trucks and cranes.
Machines make work easier. Think how long it would take you to move a big pile of earth with a wheelbarrow. Bulldozers make it so much easier.
Farmers use lots of machinery. One day you may be a farmer and drive a tractor. Tractors and farm machinery make work so much easier for the farmer.
In this Interest-Badge you can find out more about machines.

What to do:

- ☐ 1. Name and explain the use of ten different kinds of machines such as trucks, construction machinery, or farm machinery/implements.
- ☐ 2. Use a pulley, a lever, a wheel and axle. Explain how they make work easier.
- ☐ 3. Make and use a model windlass.

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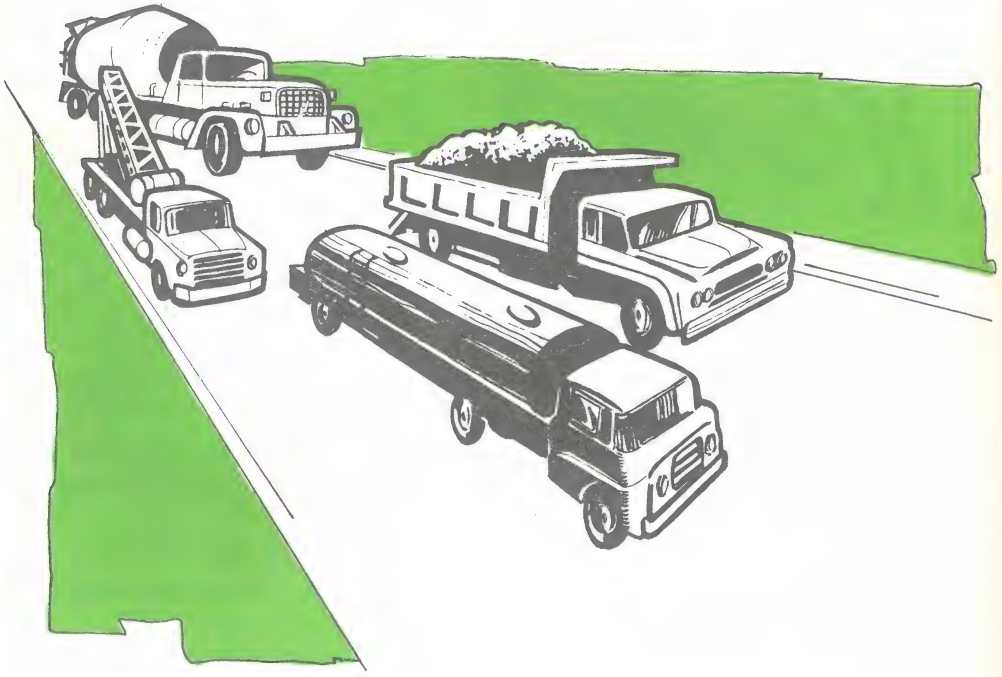
Here are four different kinds of trucks you will see:
They are called — a tow truck, a tip truck, a petrol tanker and a ready-mix concrete truck. Do you know which is which?



Perhaps you can find six other types of trucks and write them down here.

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Do you know what each type of truck does? Ask Mum or Dad, they will tell you if you cannot find out for yourself.

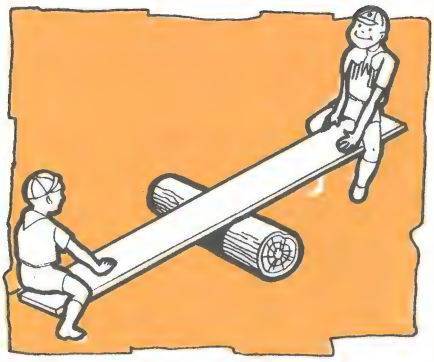
Can you see the lift? The crane? The jack hammer?

The lift and the crane do the same sort of thing. What do they do?

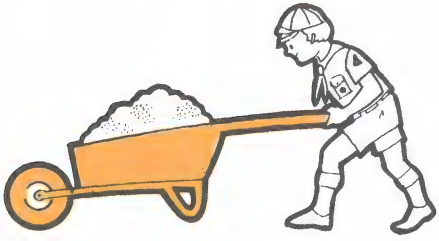
You have to be strong to work the jack hammer. It cuts through rock and is very important in making buildings.

Here is a farmer ploughing. You can see how the plough turns the earth over. What other pieces of machinery does a farmer use?
Not all machines are big. You can now use some small machines to learn how they, too, make work easier.

This is a block and pulley. It is used to lift heavy loads. The person working the pulley has to pull down instead of lift. This is easier to do.

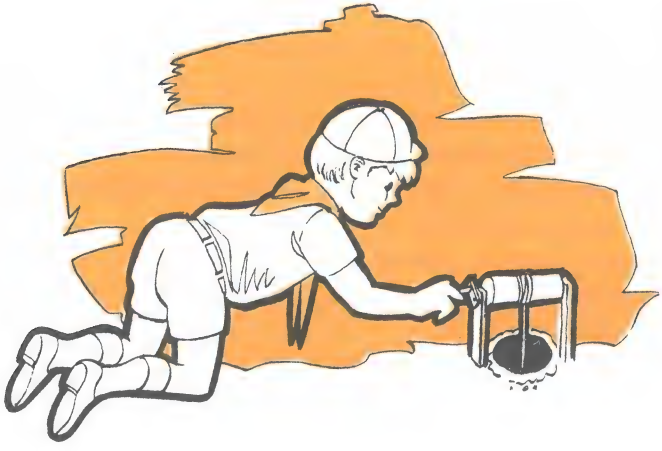


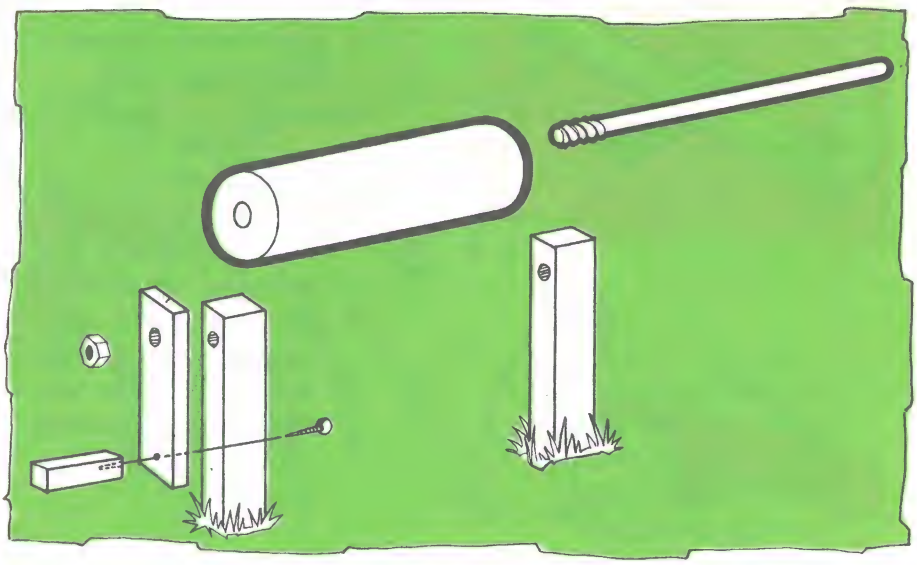
This see-saw is really a machine called a lever. If the Cubs balance exactly they can push each other up and down very easily.



It would be very hard to move the wheelbarrow if it did not have a wheel and axle at the front. The wheel makes it move easily, even over bumpy ground.

How about making a machine? The one to make is a model windlass. This machine was used by goldminers to go down into their mines.





You will need:

- round piece of wood with a hole through its middle (a wooden cylinder)
- two pieces of wood — the arm and the handle
- a piece of pipe to go through the hole in the wooden cylinder
- two posts with the ends buried in the ground.

Put the windlass together as shown here.

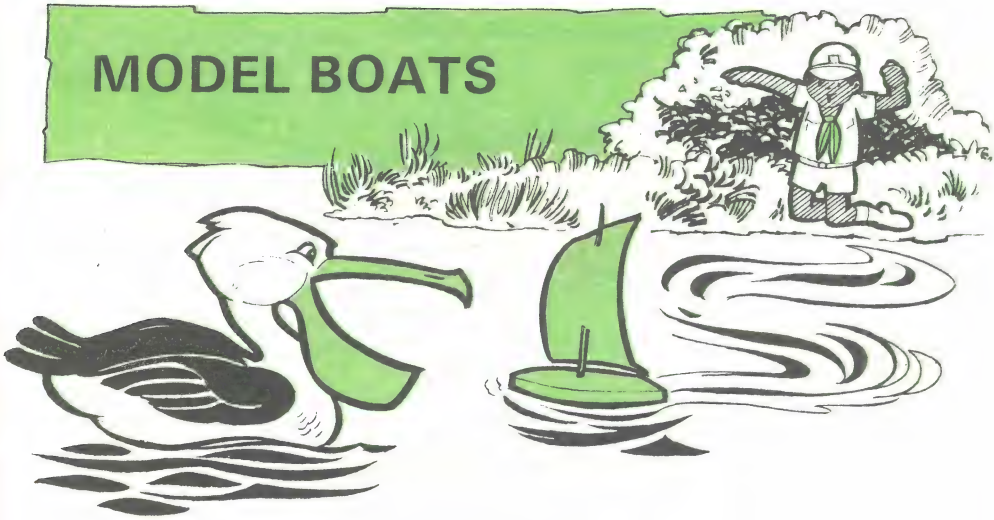
1. Bolt the armpiece to the end of wooden cylinder
2. Screw in the handle
3. Bury two posts in the ground
4. Push the pipe through the cylinder and rest it on the posts.

Ask Dad to help you.

Now you have made the windlass, tie some rope tightly around the cylinder. See if you can raise and lower a bucket.

If you own a construction set you could make a model of the machinery you see at the building site.

MODEL BOATS



INTEREST BADGE 11

It is always fun to throw a piece of bark into the river and follow it as it goes tumbling along until it is out of sight or caught on something.
If men hadn't built boats in the olden days they wouldn't have been able to explore the world and discover new places.
Africa was discovered by men in sailing ships.
This Interest Badge gives you the chance to design and build your own model boat.

What to do:

- ☐ 1. Make a model boat with a rubber band propeller.
- ☐ 2. Make or put together a model of a famous boat.
- ☐ 3. Draw a picture of a rowing boat and oars. Name the parts of each.

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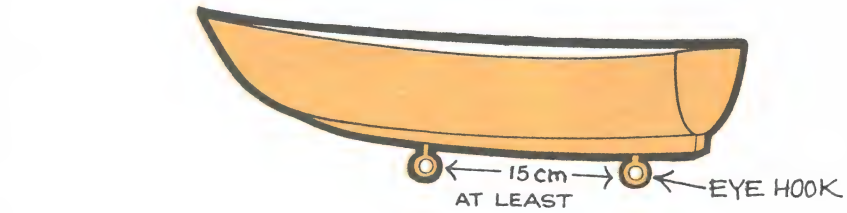
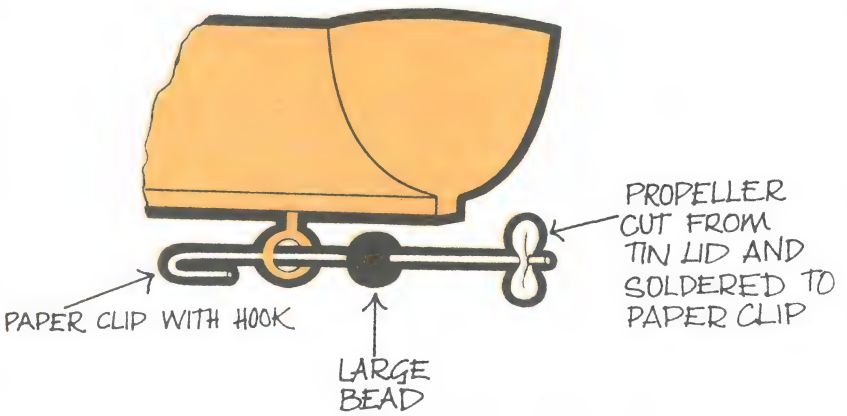
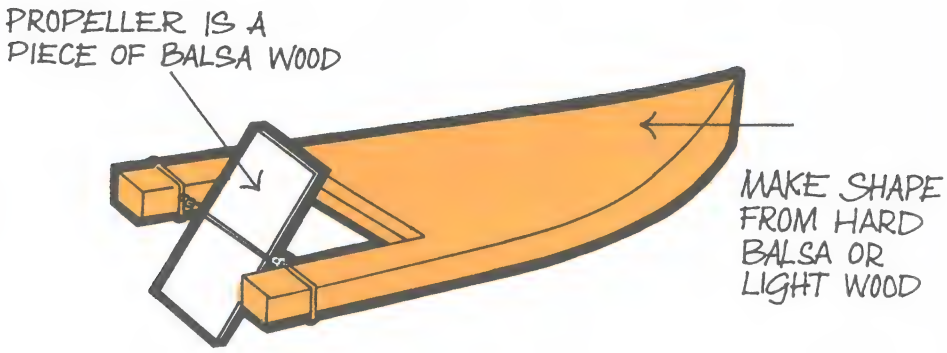
Materials needed to make a model boat:

- hard balsa or light wood
- eye screws — 2
- large rubber band or rubber band strip
- large bead
- paper clip
- lid from can
- sandpaper
- varnish.

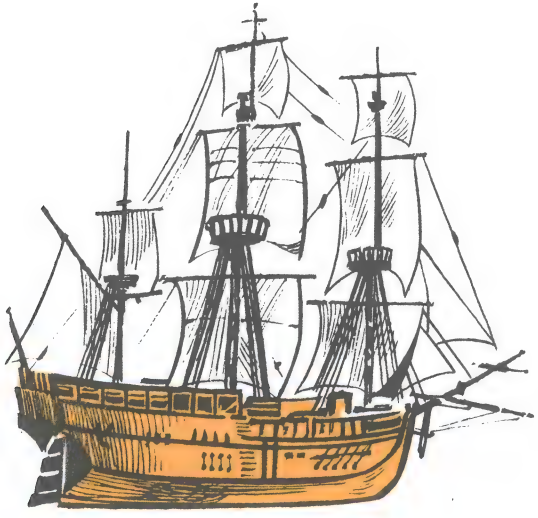




Shape the wood roughly with balsa knife, then with coarse sandpaper. Make the final shape, finish with fine sandpaper.
Give the model three coats of varnish, sanding before the final coat.
The rubber band is joined to this eye hook then twisted and hooked to the paper clip.

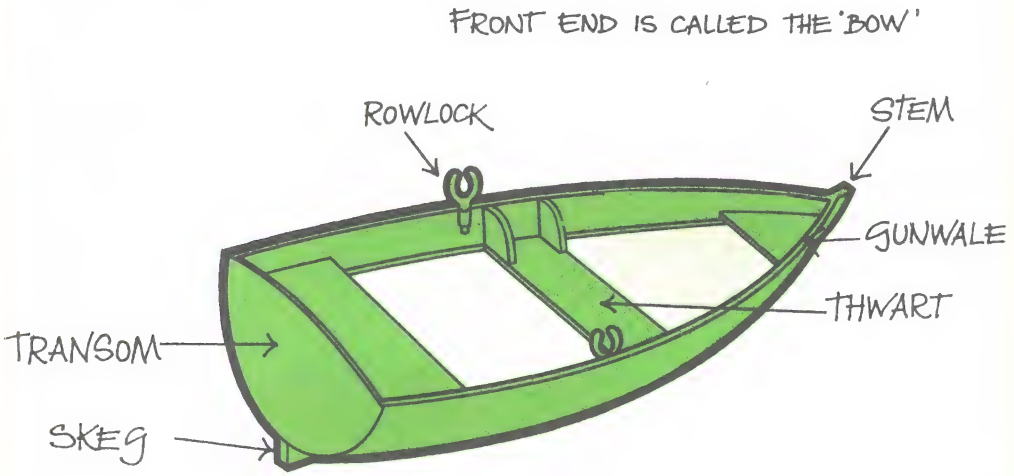


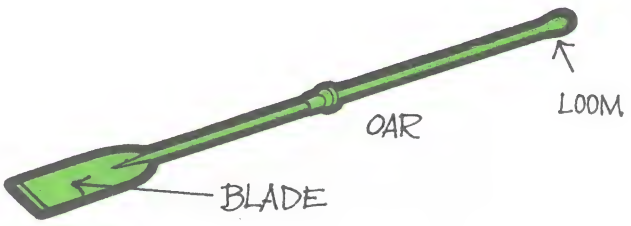
This is another type of rubber-band motorboat.
The propeller is a piece of balsa wood. Shape the boat from hard balsa or light wood. Rubber-band — twisted and looped around the ends of the boat.



Wouldn't it be fun to build a model boat like this one? Dad may like to help you make an old-fashioned sailing boat. You can use a model kit, which can be bought at a newsagent's or a hobby-shop or you can use balsa wood and build the model from that.

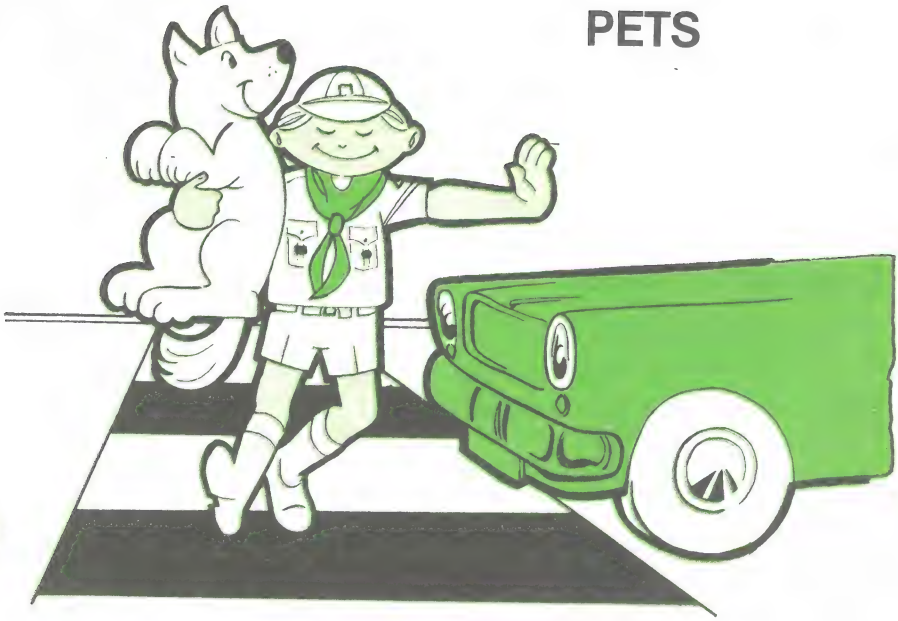
Do not rush building a model boat. You must be patient and wait until the glue is dry on one part before glueing the next part. Remember the real boats were not built in a few days! Take care when painting and rigging your model boat as this really makes the model look great.





Perhaps one day you will have the chance to go out in a rowing boat or maybe you will have your own. If you are really interested in boats you will want to know the names of the parts of a rowing boat.

PETS



INTEREST BADGE 12

Perhaps you are lucky and already have a dog or a cat or another pet.
Sometimes it is impossible to keep a dog or cat, but maybe you could have a goldfish or a canary. Often people who live in home units or flats can't have a dog or a cat so they keep a small pet in a cage or tank.
You must remember that if you do have a pet it depends on you to look after it.

What to do:

- ☐ 1. Care for a pet for at least one month.
- ☐ 2. Find out about two diseases that could affect your pet and how to prevent them.
- ☐ 3. Learn something about a pet and explain what you have learned.

Note: A letter must be produced from a parent or other adult for Test 1.

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Dogs and Puppies

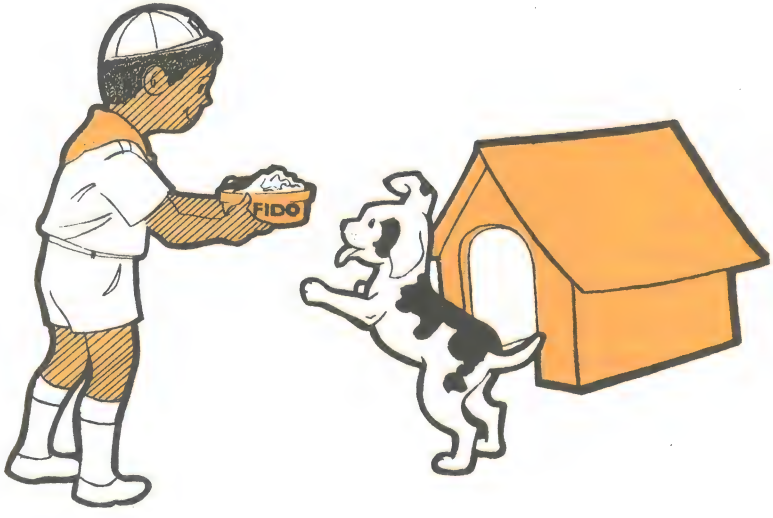
When you get a dog for a pet, you must feed it and take care of it.

Food

Puppies should be fed lots of cereal and milk, also finely chopped fresh meat, three or four times a day. An older dog only needs one meal a day. Be sure it is fed at the same time each day. You can feed your dog on fresh meat, tinned dog food or dry dog meal. He will let you know which one he likes best! Always keep fresh water near the place where you feed your dog.

Shelter

If your dog lives indoors make him a bed by putting shredded newspaper or an old blanket in a box. Dogs that live outside need a kennel.



Exercise

The amount of exercise needed will depend on the size of the dog, but all dogs should be taken for a walk on a lead at least once a day.

Training

Your puppy will be willing to learn. He will know when you are pleased with him or cross with him by the way you speak to him. You may reward your puppy with a dog biscuit when he does something correctly.

Dogs should be given an injection at three months old to prevent distemper. Check that your dog has had his distemper injection. If required in your area, have your dog vaccinated to protect it against rabies.

Always bath your dog regularly and in spring and summer rinse him in a wash to prevent ticks and fleas.

A dog should be brushed every day to keep his coat shiny and healthy.

In some areas ticks are a great menace to dogs and cats. If you live in one of these areas be sure to check your pets for ticks often, especially around the ears and in between their claws.

Cats and Kittens

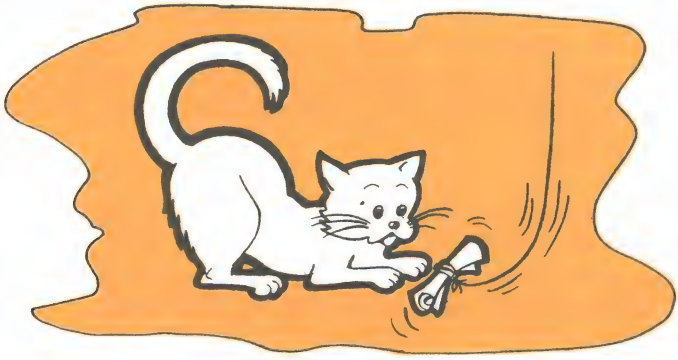
Taking care of cats is easy, they wash themselves every day.

Food

Cats eat beef, liver, fish and raw or cooked vegetables. They also like milk and cream.

Shelter

Cats need a clean, dry bed at night. You can use a basket or a cardboard box for your cat's bed.



Training

Cats like to play with a rubber ball or chase a string. They also hook their claws into curtains or chairs. You can make your cat a scratching post by wrapping a piece of old carpet around a soft piece of wood. Sprinkle the scratching post with mint which the cat likes to smell. Your cat should also be vaccinated to prevent rabies.

Pets in Bowls or Cages

If you want to keep goldfish, you must buy a tank. Put river sand or pebbles in the bottom, a few roots of water plants and plenty of fresh water. Your local pet shop will sell all the things you need for keeping goldfish. Be sure you don't overfeed your fish. Many types of fish food can be bought at the pet shop. They are all very good. Remember, clean your fish tank regularly and don't forget to cover the tank if you use a fly spray in the same room as the tank.

Turtles and Frogs

Turtles and frogs need a home with both land and water. Remember to put wire screening over the tank to prevent the pets from climbing out.

Birds

Before you get a bird, you should get a low, wide cage for it. Hang the cage away from drafts because birds catch cold easily. Put a thick newspaper in the bottom of the cage and sprinkle it with fine gravel. Don't forget to change the newspaper often. Give your pet fresh water and birdseed every day. Birds also like celery and lettuce.

Books

Read a book about a pet and explain what you learnt.
Your teacher at school may help you to find an interesting book or perhaps you could go to the local library and find one yourself. Pet shops usually sell books on various pets.

INTEREST BADGE 13

Messages can be written that are hard to read, because they are in secret code. When you have done this badge, you and your friend can send secret messages. Perhaps you will use a secret code, or trick people with invisible ink!
You will be like spies who fooled the enemy by writing their secret information in code.

Do any three of the following:

- ☐ 1. Write a message in invisible ink.
- ☐ 2. Demonstrate the deaf alphabet.
- ☐ 3. Think up and use a secret code.
- ☐ 4. Decipher a message of not less than 12 words which has been written in simple code.

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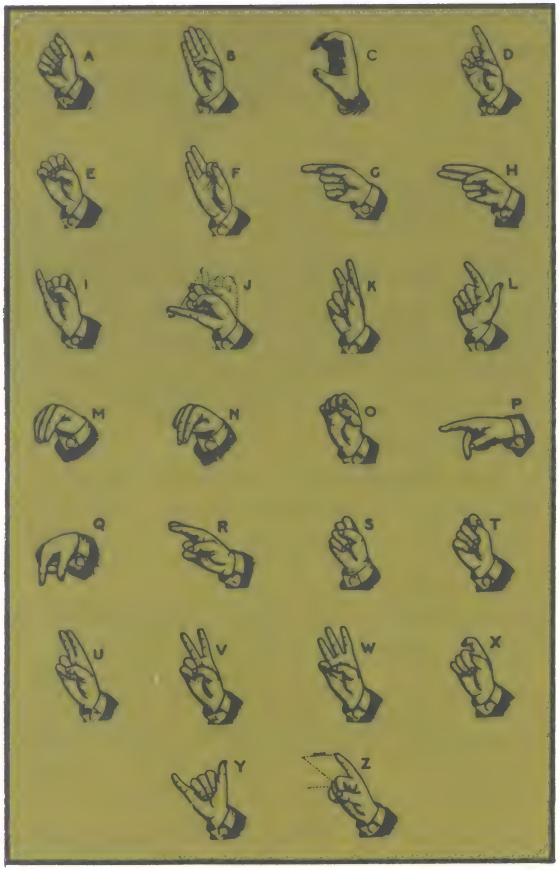
INVISIBLE INK is good to trick your friends with.
Here is one kind of invisible ink:
Squeeze some lemon juice into a small glass. Then use a nib pen to write with it.
To make the writing visible, warm the paper with a candle or match.

THE DEAF ALPHABET



THE DEAF ALPHABET is a code you can use without speaking.

A SECRET CODE is a special way of writing, where no one knows what you are saying, unless you explain how your code works. You may have a secret sign for every letter of the alphabet, or you may change the letters into a different order. Here is an easy code.

?SIHT DAER UOY NAC

Of course it is written backwards and it is easy to read.
Your secret alphabet will be harder. It might start with M instead of A. You could work out your 'key' like this:

Real A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
Code M N O P Q R S T U V W X Y Z A B C D E F G H I J K L

Then, if your name was JOHN, you would write VATZ. Try this sort of code for yourself. Write down the real alphabet first, then write your code alphabet starting with some other 'key' letter.

Now see if you can work out this code by yourself.
CAOADAEASA AARAEA FAUANA

Here is a code you can change every week. No one will be able to keep track of your messages. Your friend and you will decide on a special 'key word'. It might be your name, or you might choose any other.

Let's try RIDE. This is how you would then write the 'key'

Real A B C D E F G H I J K L M N O P Q R S T U V W X Y Z
Code R I D E A B C F G H J K L M N O P Q S T U V W X Y Z

Notice that the letters of the 'key word' are left out later in the alphabet. What does the following message say?

LAATGMC
TNLNQQNW

signed
IGKK

Think up another 'key word' and write another code by yourself.
So you see you can 'swap' or 'substitute' any letters of the alphabet to make a code!
7 15 15 4
12 21 3 11!

SINGING

INTEREST BADGE 14

All Cubs and many Pack Scouters enjoy singing. Some songs tell a story. Can you think of a song that tells a story? There are plenty of good books of songs and there are also a number of books of Cubbing and Scouting songs. This Badge is for those Cubs who really love to sing.

Do any three of the following:

- ☐ 1. Learn and sing the first verse of your National Anthem.
- ☐ 2. Learn and sing three verses of a folk or national song of your Country.
- ☑ 3. Learn and sing three Scouting songs.
- ☐ 4. Learn and sing the first verse of three hymns.

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The National Anthem is really a prayer or hymn asking God to look after our land and its people. We sing this on many occasions. Ask Akela to give you the words of your own National Anthem and practise singing it.

Folk songs often tell stories about a Country and the people who live there. African folk songs tell about many things. Some tell of animals, some tell of gold mining, some tell about the pioneers. 'Sarie Marie' is a folk song which is very well-known. Here are the words of the first verse and chorus:

My Sa-rie Ma-rais is so ver van my hart,
Maar'k hoop om haar weer te sien.
Sy het in die wyk van die Mooi-ri-vier ge-woon,
Nog voor die oor-log het be-gin.

O bring my trug na die ou Trans-vaal,
Daar waar my Sa-rie woon,
Daar onder in die mie-lies by die groen do-ring-boom,
Daar woon my Sa-rie Ma-rais,
Daar onder in die mie-lies by die groen do-ring-boom,
Daar woon my Sa-rie Ma-rais.

Hymns are another sort of song we sing. Some people have written these songs to help us learn about God and what He is like. There are many beautiful hymns you will enjoy singing.

Cubs and Scouts like to sing around a fire. Akela will have some campfires for your Pack and you will enjoy these. This Interest Badge requires you to learn some Scouting songs.

Many groups of people have special songs that they like to sing. Cubs and Scouts have songs which they like singing. These songs are about Baden-Powell who started Cubs, about camping and hiking, or just good fun songs.

Here are the names of three Scouting songs you might like to learn:

'Ging gang gooli', 'I've got that BP feeling', 'We're on the Scouting Trail'.

SPORTS

INTEREST BADGE 15

People in Southern Africa play a lot of sport and are proud of how well they do against other countries. Many famous sportsmen have been Cubs and Scouts.
Cubs play all sorts of sports and you probably play in a team. You might play soccer — rugby — baseball — tennis — hockey or some other game.
When you play, remember always to do your best and to help the rest of your team. A team needs every player to play as well as he can.
This Interest Badge is for Cubs who play in teams.

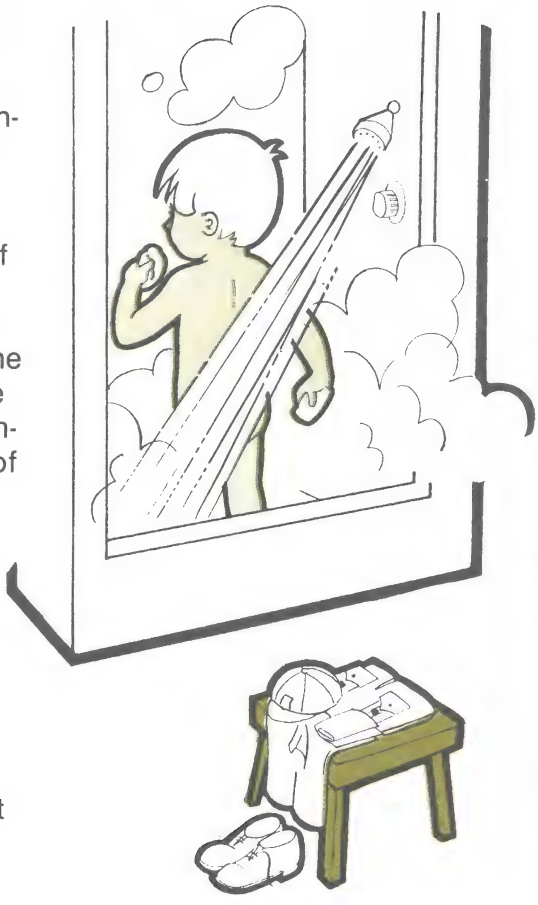
What to do:

- [ ] 1. Know the rules or laws of two team games such as football, cricket, hockey, basketball or volleyball.

- [ ] 2. Show reasonable proficiency and take an active part in at least one of these.

- [ ] 3. Show a good sportsmanlike spirit in all Cub activities.

- [x] 4. Know the importance of taking a shower after games if possible, or at least changing out of the clothes worn during the game. Know also the importance of good care of the feet.



Note: A certificate must be produced for test number 2 from your Akela or School Teacher and for Test number 3 from your Akela.

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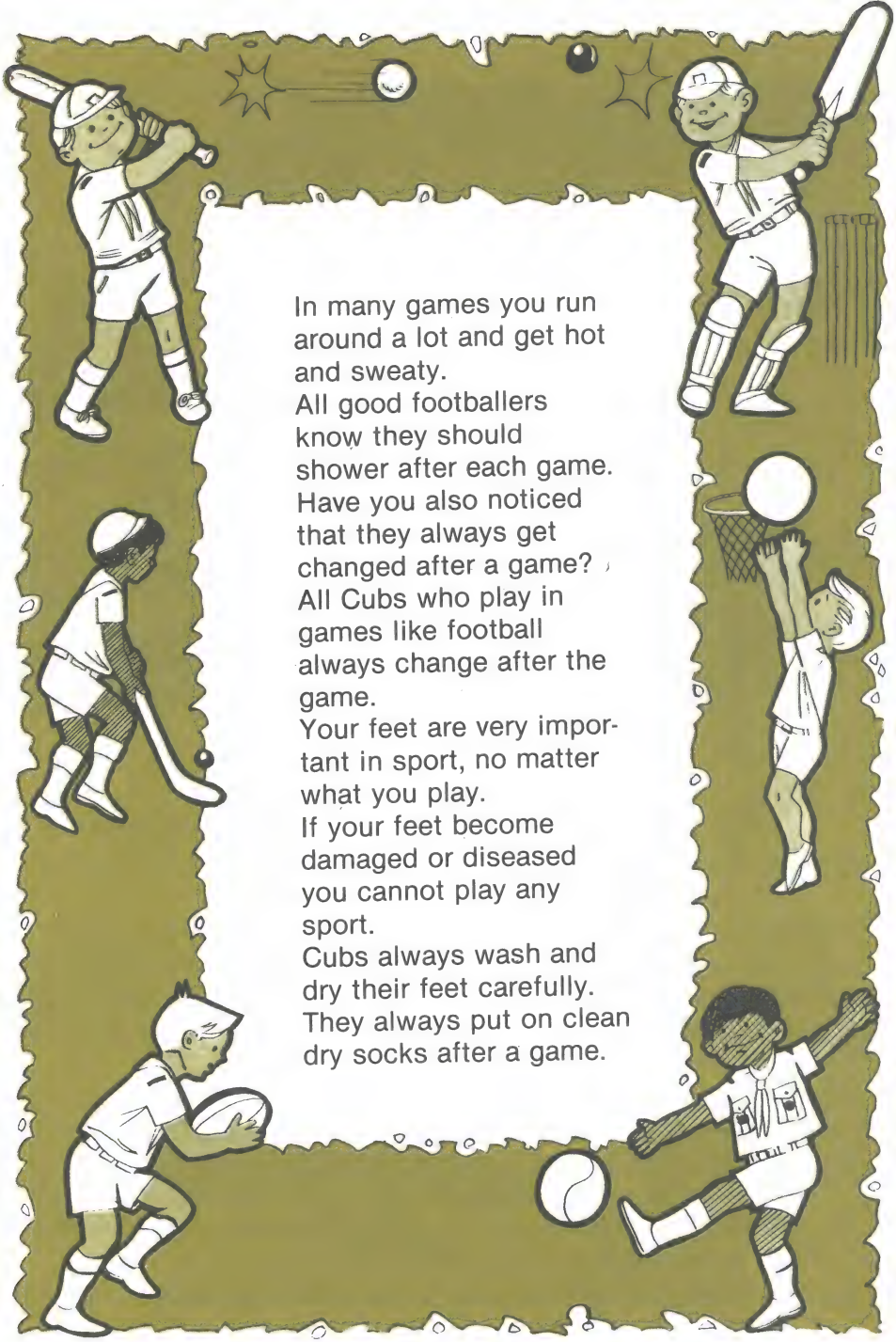
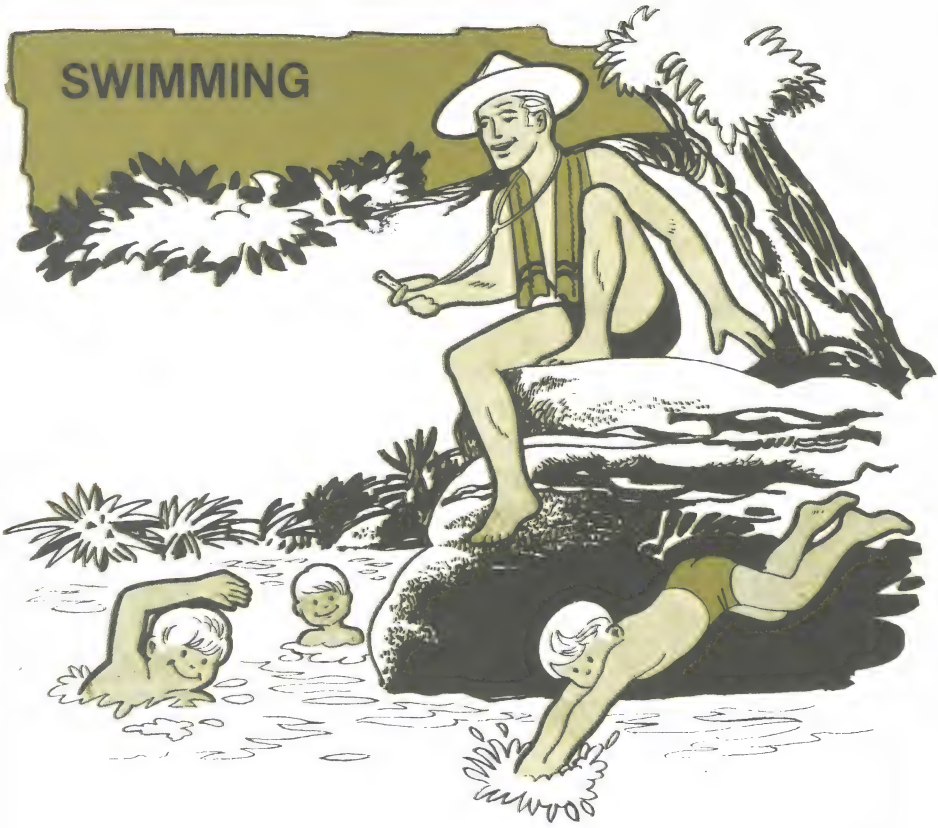
Every game has its rules or laws. You must know the rules of the game you play if you are going to play it properly.
Do you know these games and rules?

1. How is a batsman out l.b.w.?
2. What is the offside rule in hockey? In rugby? In soccer?
3. In soccer who puts the ball back into play after it crosses the side line?
4. In rugby what happens if a ball is kicked out of play on the full?

The best place to find out the rules is in the rule book for the game you play. Ask your coach or Mum or Dad to get a rule book for you.
Do you know what being a good sportsman means?
It means playing fairly and not cheating. It means not showing off when you win or being nasty when you lose. All Cubs are good sportsmen, as you must be.



In many games you run around a lot and get hot and sweaty.
All good footballers know they should shower after each game.
Have you also noticed that they always get changed after a game?
All Cubs who play in games like football always change after the game.
Your feet are very important in sport, no matter what you play.
If your feet become damaged or diseased you cannot play any sport.
Cubs always wash and dry their feet carefully.
They always put on clean dry socks after a game.



INTEREST BADGE 16

Playing in the water is great fun, but it's more fun if you can swim. We are famous for our champion swimmers. They learn to swim while they are boys and girls. They practise hard and keep themselves fit. You can practise this summer and win this Interest Badge.

What to do:

- ☐ 1. Be able to swim 50 metres any stroke except backstroke.
- ☐ 2. Be able to tread water for two minutes in salt water or one minute in fresh water.
- ☐ 3. Be able to float on your back for 60 seconds in salt water or 30 seconds in fresh water.
- ☐ 4. Be able to duck dive, that is, dive while standing in the water or swimming.

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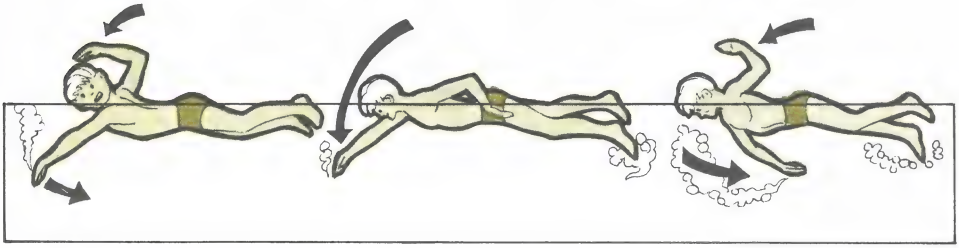
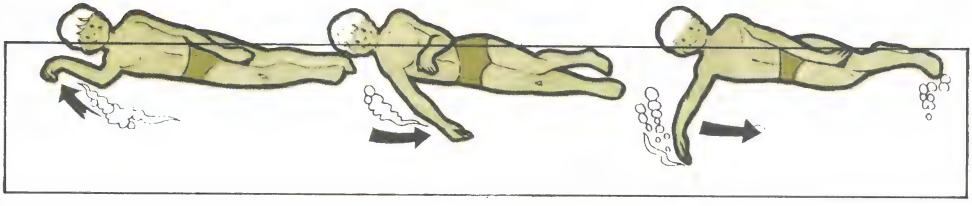
Here are some skills to try with your parents or swimming coach. Remember, ALWAYS swim where it is safe, and ALWAYS have somebody with you who can swim. NEVER SWIM ALONE.

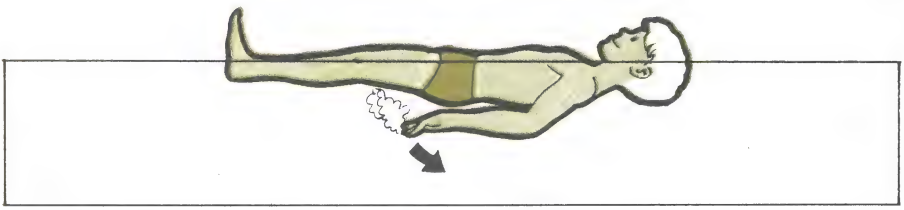


RACING STROKE is very fast but can tire you over a long distance. Float face-down and kick from your hips. Stretch one arm foward and over your head.
Pull it down and back through the water while you lift the other high, elbow first, to go forward.
Turn your face up to breathe when you raise your elbow again.
Breathe out under the water with the next arm stroke.

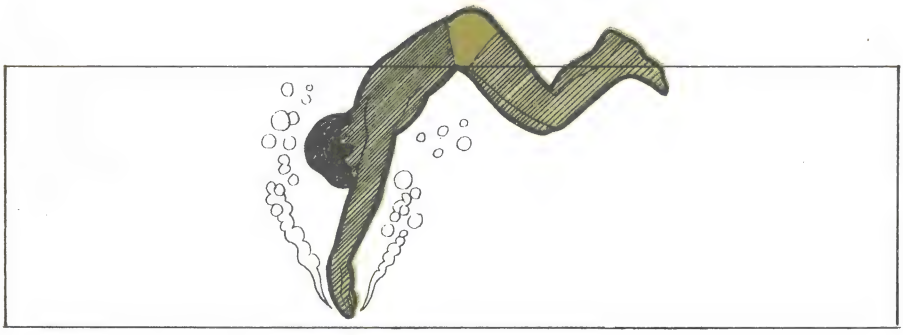


SIDE STROKE is easy for long distances.
Lie on your side. Stretch your lower arm forward to pull down — and move your top arm forward in front of your chest. The top arm will stroke down as the lower one goes forward again. Your legs are one forward and one back, ready to come together in a scissors kick.

TREADING WATER must not tire you. Move gently! Pull your arms backwards and forwards in front of you, palms pushing downwards. Move your legs as though you are walking up stairs.



FLOATING
Stretch your arms out under the water and lie back. Take a breath and keep your chest up. Your head goes back till your ears are under the water. Take it easy and move gently.



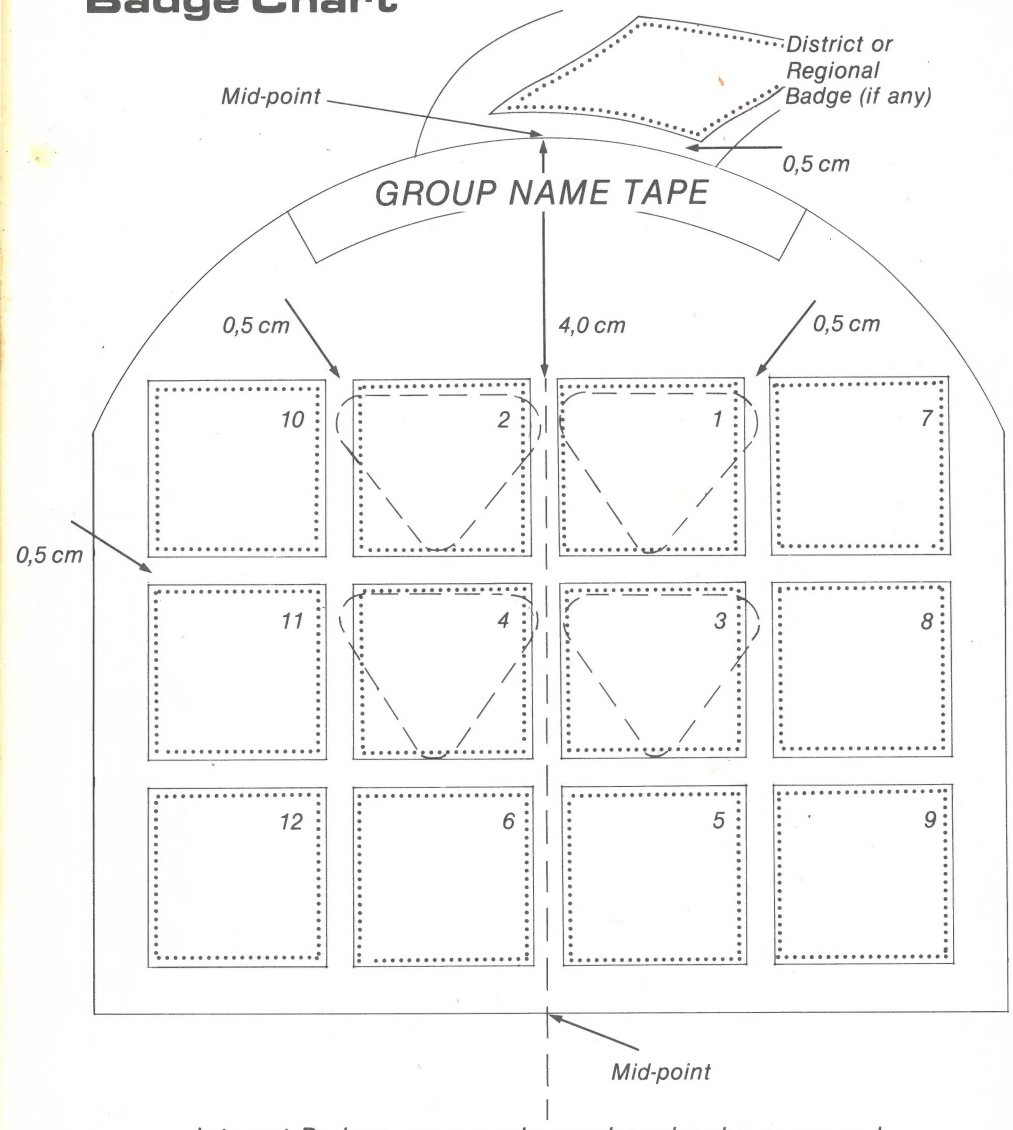
THE DUCK DIVE
With a kick of your legs and a deep breath, 'duck' your head straight down. Pull backwards and upwards with your arms. Bring your legs and feet up high behind you and you will be able to go right to the bottom of the pool.

BE
TIDY

NAMES AND ADDRESSES OF MY SIX

BADGES—RIGHT ARM—CUBS

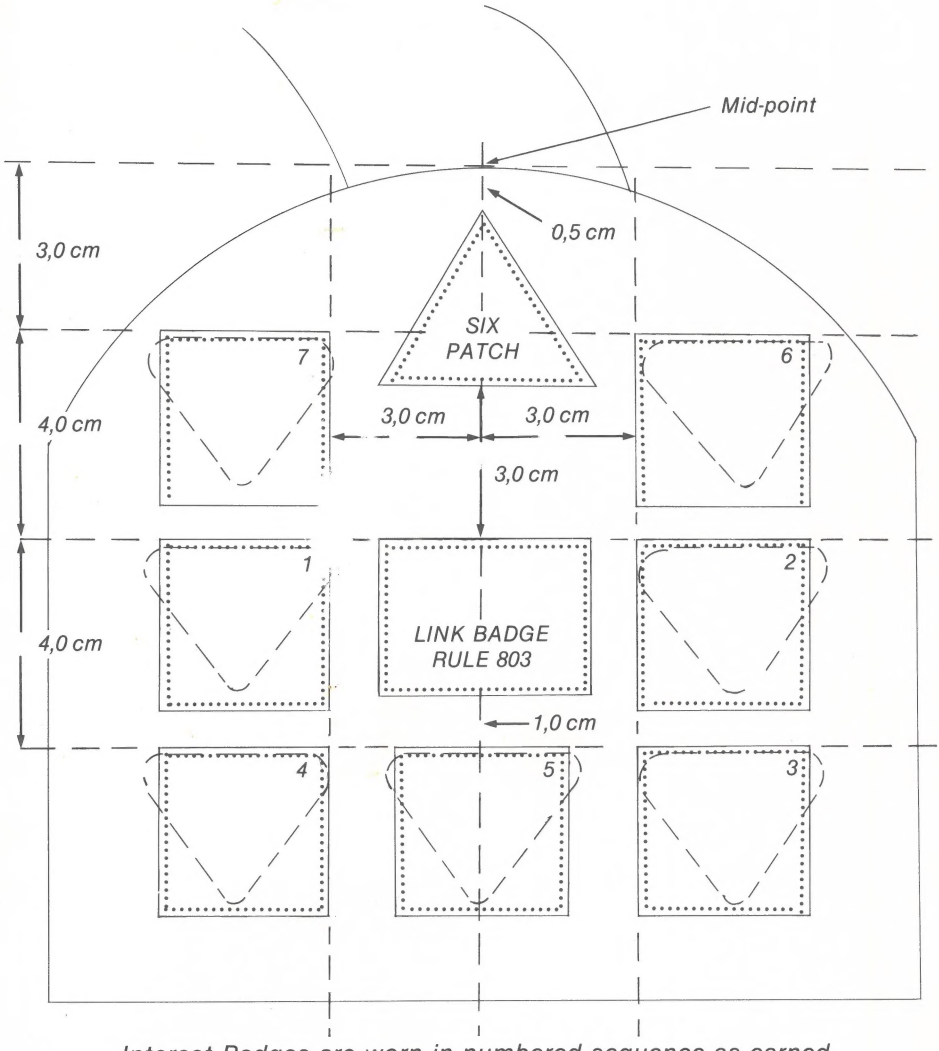
Badge Chart



Interest Badges are worn in numbered order as earned
(Rule 804)

BADGES—LEFT ARM—CUBS

Badge Chart



Interest Badges are worn in numbered sequence as earned

(Rules 803 & 804)

NOW YOU ARE A CUB

A HANDBOOK FOR EIGHT-YEAR-OLD CUBS